



## Mesenchymal Stem Cells, Exosomes, Mitochondria, PRP, tSVF

### Pre & Post Care Instructions

**Mesenchymal Stem Cells/Exosomes/Mitochondria- tSVF & Platelet-Rich Plasma (PRP)** are safe, effective, clinically proven methods used to heal certain diseases, auto-immune disorders, damaged bone, soft tissue, cartilage, tendons and ligaments. Autologous (tSVF/PRP) solely utilizes your body's healing factors.

**MSC Stem Cell/Exosome/Mitochondria Treatments** involve injecting these natural bio cellular products intravenously, intramuscularly, or directly into a specific area via ultrasound guidance. When treating a muscular skeletal condition, we will also incorporate **your own PRP**.

*Northeast Knee and Joint institute* sources the highest quality and concentrations of Stem Cells & Exosomes in the regenerative medicine field. In most cases, one treatment will "turn the clock back" many years and offer relief for a considerable amount of time, possibly permanently. This relief period depends on the patient's compliance with the post-procedure guidelines. Studies have shown that these treatments can offer a wide variety of healing benefits on a micro-cellular level.

**Platelet-Rich Plasma** involves collecting a blood sample into a specialized kit, then double-spinning in a centrifuge to concentrate and separate the growth factors/platelets/plasma from your red blood components. This concentrated sample is combined with MSC/Stem Cells, Exosomes, and Mitochondria. This combination is then injected via ultrasound guidance, where it repairs by healing & regenerating the damaged tissue, similar to how you heal from a cut or wound. Platelet-Rich Plasma is a perfect scaffolding matrix (substrate for the cells to live in), aiding the healing process and encouraging the proliferation of cells in the injected tissues.

International Advanced Cellular Regeneration safely and effectively treats many pathologies and injuries using *Mesenchymal Stem Cells, Exosomes, Mitochondria, tSVF, and Platelet-Rich Plasma (PRP)*. We work with each patient to create a unique, specialized plan to provide the best treatment for a successful outcome.

### **(PRE-Procedure) Guidelines**

**Please read the instructions below carefully.**

- **\*Discontinue Anti-Inflammatory medication (Advil, Motrin, Ibuprofen, Aleve, Naproxen, Meloxicam, Celebrex, Curcumin/Turmeric, CBD oils) at least 5-6 days before your procedure.** Anti-inflammatories interfere with platelet function and the inflammatory process, severely lowering our treatments' effectiveness! ***\*Tylenol is okay; it is not an anti-inflammatory drug.***
- **Discontinue Systemic Steroids** (Prednisone, Hydrocortisone, etc.) **1 week** before your procedure. If you take chronic oral steroids, a discontinuation plan will need to be discussed with your primary care provider, as abrupt stoppage may cause side effects.
- **Steroid Injections (cortisone)** should be discontinued at least **1 month** before your procedure.
- **Do not eat high-fat foods the day before treatment; this will create fatty cells in your PRP! Please eat a full, healthy, low-fat breakfast on the day of your procedure.**
- **Drink lots of water (64oz), especially on the day of your procedure; stay away from caffeine so that your veins are not constricted for a blood draw!**

**\* Studies show that for the most effectiveness** (to increase platelet count and boost healing factors), it is good to take the following: **Collagen, \*Papaya Leaf, NMN** (Nicotinamide Mononucleotide) **B-Complex & Vitamin C (liposomal)** before the procedure if it is allowed by your primary care physician.

Further information on the dosing of these supplements is on the last sheet.

**If you have any questions, you are welcome to call our office at 570-231-7384.**

### **(Post-Procedure) Guidelines**

**Please read the following steps carefully.**

#### **0-3 Days Post PRP/Stem Injection:**

- It is highly recommended that the patient rests on the day of the procedure. **It is normal if you experience an inflammatory response, and there is no reason for concern.** The patient should focus on limited use of the injected area for the next two days. For knee treatments, **doing a few leg pumps before standing is recommended to get the fluid moving.** A gentle range of motion (movement) is encouraged. You may feel “fullness” in the case of a tSVF/PRP knee injection; this is normal and to be expected.
- You may use ice if you are very uncomfortable, but we try to avoid direct post procedure contact to have the most favorable outcomes. After 6 weeks, ice can be applied to the injection area for 9-10 minutes, 3-4 times a day, as needed for comfort.
- **\*Mild to moderate post-procedure pain can occur in the injected area; this is normal as inflammation signals healing. Significant post-procedure pain will typically resolve during the first few days after the procedure. If you are experiencing post-procedure pain, you can take Tylenol as needed, per package recommendations. Please call our offices if you have any questions regarding pain.**
- **DO NOT TAKE anti-inflammatory medications** such as Advil, Motrin, Ibuprofen, Aleve, Naproxen, Meloxicam, CBD oil, or Turmeric/Curcumin for at least 6 weeks after the procedure.
- **DO NOT TAKE systemic steroids** such as Prednisone, Hydrocortisone, etc., for at least 6 months following your procedure (this plan will need to be discussed with your primary care provider before the procedure).
- Do not take hot baths or go to saunas during the first 3-5 following your procedure.
- **It is important to continue taking type II Collagen, Vitamin C, and NMN supplements post-procedure, as long as it is allowed by your primary care physician.**
- Drink at least 64 ounces of water daily to help you heal properly. Water does not mean tea, coffee, or soda. If you are on a diuretic medication (water pill), please drink what is allowable for you.

### ***3-14 Days Post PRP/Stem Injection***

- At this point, you should gradually start increasing your daily activities and movement. Light stretching is recommended, but please obey your body; if it hurts, stop.
- If you are still experiencing pain, take Tylenol as needed.
- **DO NOT TAKE systemic steroids** such as Prednisone, Hydrocortisone, etc., for at least 8 weeks following your procedure (per your designated plan).
- **DO NOT TAKE anti-inflammatory medications** such as Advil, Motrin, Ibuprofen, Aleve, Naproxen, or Meloxicam **for at least 6 weeks** after your procedure.

### ***3-4 Weeks Post PRP/Stem Injection***

- At this point, after your procedure, we highly recommend starting physical therapy to aid you in the healing process and help your body fully heal the affected joint(s). A follow-up appointment with us will be made, and any adjustments to your customized treatment plan will be made to give you the best opportunity for an excellent outcome. **\*It is essential to continue strengthening the surrounding muscle groups and taking type II collagen to maintain the results of our procedures.**
- If you have any questions along the way, we would be pleased to discuss them with you. We look forward to working with you on your journey to improved health

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#### **Dosage of supplements:**

Collagen Type II (poultry) (joint thickness)	1 scoop 1(-2) X daily with any liquid on an empty stomach
Collagen Type I & III (bovine) (tendons & ligaments)	1 scoop (1-2) X daily with any liquid on an empty stomach

#### **Papaya Leaf Extract**

(Increases platelet count)

**1 capsule 3 times per day with meals**

\* (not needed when finished pre-procedure) \*

**\*NMN (Nicotinamide Mononucleotide)**

**1 capsule daily in the morning Boosts**

**NAD+ for cellular regeneration**



**\*B-Complex by Life Extension**    **2 Daily in the mornings**  
**\*Vitamin C** (Liposomal is best)                      **1000 mg at least 1 X daily with meals**

**K-2&D3** (in MCT Oil)                      **90 mcg/5000 IU 1-2 daily**

**Life Force by Source Naturals**    **1-2 capsules 1 x per day**  
**\*Capsule type only** (multi-vitamin)

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**\*Six Weeks Post Procedure\***  
**Continue above and add:**

**MSM (Methyl Sulphonyl Methane) 1 x 1000 mg capsule per day**  
(Helps body manufacture connective tissues and reduce inflammation)  
(Life Extension is a good brand)

We try to keep these in-house at a convenient cost for our patients. If we currently do not have in stock, you may get many of these items from:

**Donotage.org or Hello 100** -    **for NMN**  
**Ancient Nutrition** (collagen)  
**lherb.com Amazon**

**\*Please check with your primary care physician for approval of these supplements.**  
**It is always good to ensure none of the supplements interfere with your current medications.**