AFTER YOUR TREATMENT
WHAT TO DO

SUPPORT HEALING. MAXIMIZE YOUR RESULTS.

Your healing journey is a process. Following these guidelines can help support recovery and optimal results.



1 STAY HYDRATED

- Continue to drink plenty of water (aim for at least 8–10 glasses per day).
- Proper hydration helps remove toxins, supports cellular function, and promotes tissue healing.
- Limit sugary drinks and excessive caffeine.



2 EAT NUTRITIOUS, ANTI-INFLAMMATORY FOODS

- Maintain a diet rich in fruits, vegetables, lean proteins (especially fish), nuts, and seeds.
- Include omega-3 fatty acids (salmon, flaxseeds, walnuts) to help reduce inflammation and support tissue repair.
- Choose antioxidant-rich foods such as berries, spinach, and green tea to reduce oxidative stress.
- Avoid processed foods, sugar, and excessive carbohydrates.



3 REST & ALLOW TIME FOR RECOVERY

- Give your body the time it needs to heal, especially in the first few days after treatment.
- Follow your provider's guidance on rest, sleep, and when to resume normal activities.
- Listen to your body and avoid overexertion.



4 GRADUALLY RETURN TO ACTIVITY

- Begin with gentle movement such as walking, stretching, or light range-of-motion exercises as recommended by your provider.
- Avoid high-impact activities, heavy lifting, or strenuous exercise until cleared by your medical team.
- Consider working with a physical therapist or guided rehabilitation program if recommended.



5 FOLLOW YOUR PAIN MANAGEMENT PLAN

- Use acetaminophen (Tylenol) if needed, as directed by your provider.
- Avoid NSAIDs (ibuprofen, naproxen, aspirin) for 2–4 weeks after treatment (or as directed by your provider), as they can interfere with inflammation that aids in healing.
- Contact your medical team if you have persistent pain or concerns.



6 KEEP FOLLOW-UP APPOINTMENTS

- Your provider will monitor your progress and guide your recovery.
- Attend all scheduled follow-up visits and communicate any changes in your symptoms.
- These appointments help ensure the best possible outcomes.



7 SUPPORT YOUR MENTAL & EMOTIONAL WELL-BEING

- Continue relaxation techniques such as deep breathing, meditation, or guided imagery.
- Keep a positive mindset and be patient with your progress.
- Surround yourself with a supportive network of family, friends, or a counselor.
- Celebrate small improvements along the way.



8 TRACK YOUR RECOVERY

- Keep a simple record of your pain levels, mobility, activity, and any changes you notice.
- Share your progress with your medical team.
- Tracking your recovery can help identify improvements and guide your care plan.

REMEMBER: *Healing is a process, and every patient's recovery timeline is different. Always follow your treating physician's specific instructions, as recommendations may vary based on your procedure, medical history, and individual needs.*

Take care today for a stronger tomorrow.

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AFTER YOUR TREATMENT
WHAT NOT TO DO

AVOID THESE ITEMS TO PROTECT YOUR HEALING AND RESULTS

Give your body the best chance to heal. Avoid these activities and substances after your treatment.



1 NSAIDs (NON-STEROIDAL ANTI-INFLAMMATORY DRUGS)

- Avoid ibuprofen (Advil, Motrin), naproxen (Aleve), aspirin, and other NSAIDs for at least 2–4 weeks after treatment (or as directed by your provider).
- These medications can interfere with the inflammatory process that aids in healing.
- Use acetaminophen (Tylenol) for discomfort, if needed and approved by your provider.



2 CORTICOSTEROIDS

- Avoid oral or injectable steroids (corticosteroids) for at least 2–4 weeks after treatment (or as directed by your provider).
- Corticosteroids may suppress the immune response and can interfere with the body's natural healing process.
- Check with your medical team if you are currently taking steroids for a medical condition.



3 ALCOHOL

- Avoid alcohol for at least 2 weeks after treatment (or as directed by your provider).
- Alcohol can interfere with healing and may increase inflammation.
- Choose water and other non-alcoholic beverages to support recovery.



4 SMOKING & NICOTINE

- Avoid smoking and all nicotine products, including vaping, for at least 2 weeks after treatment.
- Nicotine can reduce blood flow, impair tissue healing, and negatively impact your results.
- If you need support to quit, speak with your medical team.



5 HIGH-IMPACT OR STRENUOUS ACTIVITY

- Avoid heavy lifting, high-impact exercise, and activities that put stress on the treated area until cleared by your provider.
- Do not return to sports, running, or intense workouts too soon.
- Gradually increase activity as tolerated and follow your provider's specific timeline.



6 SUBMERGING THE INJECTION SITE

- Avoid baths, hot tubs, swimming pools, lakes, and other activities that submerge the injection site until your provider gives approval.
- Keep the injection site clean and dry as directed to reduce the risk of infection.
- Showering is typically allowed (follow your provider's instructions).



7 ICE, HEAT & MASSAGE

- Do not apply ice, heat, or massage to the treated area unless specifically instructed by your provider.
- These can interfere with the healing process.
- Follow your provider's guidance if you have questions about symptom relief.



8 CERTAIN SUPPLEMENTS & BLOOD-THINNING PRODUCTS

- Avoid blood-thinning supplements such as fish oil, vitamin E, turmeric, ginger, garlic, ginkgo biloba, cinnamon, and St. John's Wort for at least 2 weeks after treatment (or as directed by your provider).
- These may increase the risk of bleeding or interfere with healing.
- Do not start any new supplements without consulting your medical team.



9 PUSHING THROUGH PAIN OR IGNORING SYMPTOMS

- Do not ignore pain, swelling, redness, or other concerning symptoms.
- Avoid overexerting yourself if the treated area feels sore.
- Contact your medical team if you experience new or worsening symptoms.

IMPORTANT: *Recovery restrictions and timelines vary by procedure and individual. Always follow your treating physician's personalized aftercare instructions. If you have questions about medications, supplements, activity, or symptoms, contact your medical team.*