BEFORE YOUR TREATMENT
WHAT TO DO

PREPARE TODAY FOR A BETTER TOMORROW

Your preparation matters. Taking the right steps before your regenerative therapy can help support healing and the best possible results.



1 STAY HYDRATED

- Aim to drink at least 8–10 glasses (64–80 ounces) of water per day.
- Proper hydration supports cellular function, nutrient delivery, and tissue healing.
- Continue to hydrate well in the days leading up to your procedure.
- Limit sugary drinks, excessive caffeine, and alcohol (see avoidance guidelines).



2 EAT A NUTRITIOUS, ANTI-INFLAMMATORY DIET

- Focus on whole, nutrient-dense foods including fruits, vegetables, lean proteins (especially fish), nuts, and seeds.
- Include omega-3 fatty acids (found in salmon, flaxseeds, and walnuts) to help reduce inflammation and support tissue repair.
- Choose antioxidant-rich foods such as berries, spinach, and green tea to reduce oxidative stress.
- Limit processed foods, sugar, and excessive carbohydrates, as these can promote inflammation.



3 REVIEW YOUR MEDICATIONS & SUPPLEMENTS

- Provide your medical team with a complete list of all prescription medications, over-the-counter medications, vitamins, herbal supplements, and any other products you take.
- Follow your provider's instructions on which medications or supplements to continue or temporarily stop before treatment (see "What to Avoid" for specific items).
- Discuss any questions or concerns with your medical team prior to your procedure.



4 PREPARE MENTALLY

- Practice relaxation techniques such as deep breathing, meditation, or guided imagery to help reduce stress and anxiety.
- Set realistic expectations. Healing takes time, and results vary for each individual.
- Surround yourself with a supportive network of family, friends, or a counselor.
- Maintain a positive mindset, as a healthy mental state can support the body's natural healing processes.



5 COMPLETE REQUIRED PRE-TREATMENT STEPS

- Attend any necessary medical evaluations, lab work, or imaging studies as requested by your provider.
- Confirm your appointment and review arrival time and any special instructions.
- Arrange transportation if needed.
- Follow any additional preparation steps provided by your medical team based on your specific treatment plan.



6 BUILD YOUR SUPPORT SYSTEM

- Let family or friends know about your upcoming treatment.
- Arrange for assistance at home if needed, especially if you anticipate limited activity after the procedure.
- Plan ahead for work, childcare, or other responsibilities if necessary.
- Keep open communication with your support system throughout the process.

Remember: *Taking these steps before your treatment can help create the best possible environment for healing and improved outcomes.*

Always follow your treating physician's specific instructions, as recommendations may vary based on your procedure, medical history, and individual needs.

BEFORE YOUR TREATMENT
WHAT NOT TO DO

AVOID THESE ITEMS TO SUPPORT OPTIMAL HEALING

A healthy tomorrow starts with the choices you make today.



1 NSAIDs (NON-STEROIDAL ANTI-INFLAMMATORY DRUGS)

- Avoid ibuprofen (Advil, Motrin), naproxen (Aleve), aspirin, and other NSAIDs for at least 2 weeks before treatment (or as directed by your provider).
- These medications can interfere with the body's natural healing and inflammatory response, which is important for the regenerative process.
- If you are unsure about a specific medication, please check with your medical team.



2 CORTICOSTEROIDS

- Avoid oral or injectable steroids (corticosteroids) for at least 14 days before treatment (or as directed by your provider).
- Corticosteroids may suppress the immune response and can interfere with the body's natural healing process.
- Discuss any prescribed steroids with your medical team prior to your procedure.



3 CERTAIN HERBAL SUPPLEMENTS

- Avoid blood-thinning herbs and supplements such as ginkgo biloba, garlic, ginger, and St. John's Wort prior to treatment.
- These can increase the risk of bleeding and may interfere with the procedure.
- Inform your medical team about all herbal supplements, as some may need to be temporarily stopped.



4 ALCOHOL

- Refrain from consuming alcohol for at least 72 hours (3 days) before your procedure (and 2 weeks after, as directed by your provider).
- Alcohol can interfere with the healing process and may increase inflammation.
- Choose water and other non-alcoholic beverages instead.



5 PROCESSED FOODS, SUGAR & EXCESSIVE CARBOHYDRATES

- Avoid highly processed foods, refined carbohydrates, and sugary foods and drinks.
- These can promote inflammation and may negatively affect your body's healing response.
- Focus on whole, nutrient-dense foods leading up to your procedure (see the "What to Do" guide for specific recommendations).



6 SMOKING & NICOTINE

- Avoid smoking and all nicotine products (including vaping) before treatment.
- Nicotine can reduce blood flow, impair tissue healing, and negatively impact outcomes.
- If you need support to quit, please speak with your medical team.



7 EXCESSIVE OR HIGH-IMPACT PHYSICAL ACTIVITY

- Avoid strenuous exercise or activities that could aggravate your condition in the days leading up to treatment.
- Allow your body to rest and be in the best possible condition for the procedure.
- Follow your provider's specific recommendations based on your treatment plan.



8 LAST-MINUTE CHANGES

- Do not make significant changes to your medications, supplements, diet, or exercise routine immediately before treatment without consulting your medical team.
- Communicate with your provider if you have any questions or concerns.

IMPORTANT: *These recommendations are general guidelines. Your medical team may provide additional instructions based on your individual health history, medications, and the specific treatment you are receiving. Never stop prescribed medications without approval from your healthcare provider.*

The right preparation today helps support a healthier tomorrow.