

PATIENT RESOURCE

# Your Aftercare *Guide*

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Everything you need to protect your investment and support the best possible results from your stem cell therapy.

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# Thank you for trusting us with your care.

You did your research, asked real questions, and made a decision to invest in your health. This guide exists so you feel supported and informed every step of the way — from the first 24 hours through the full arc of your recovery. If anything feels uncertain along the way, reach out to your provider. You're not navigating this alone.



## How to Use This Guide

This guide covers post-care instructions for both types of stem cell therapy treatments. Find the section that matches the treatment you received and follow those guidelines. If you received **both** an IV infusion and a joint injection, follow both sets of instructions.



### IV Infusion

Stem cells delivered systemically through your bloodstream



### Joint Injection

Stem cells delivered directly to a joint or tissue site

# If You Received an IV Infusion

Care instructions for systemic stem cell therapy delivered intravenously.



## What's Happening Right Now

### THE SCIENCE BEHIND THE WAIT

After your IV infusion, mesenchymal stem cells circulate through your bloodstream and begin homing in on areas of inflammation and tissue damage. **This homing process takes time** — think days to weeks, not hours. The cells release signaling proteins (cytokines and growth factors) that reduce inflammation and stimulate your body's own repair mechanisms. This is a process, not a switch. Be patient with your body.



## What's Normal to Feel

### COMMON RESPONSES — TYPICALLY RESOLVE WITHIN 24-72 HOURS

- Mild fatigue or sleepiness
- Low-grade fever or chills
- Temporary soreness
- Flushed or warm feeling
- Headache
- Mild body aches
- Brain fog for 24–48 hrs
- Slight nausea

**A note on fatigue:** Many patients feel wiped out for 1–2 days. This is often your immune system responding to the cells — it's a sign your body recognized and is working with the treatment. Rest is part of the protocol.



## First 24 Hours

### ✓ DO

- ✓ **Hydrate aggressively** — water + electrolytes all day
- ✓ **Rest** — prioritize sleep, naps encouraged
- ✓ **Eat clean** — anti-inflammatory whole foods
- ✓ **Light walking** — gentle movement is fine

### ✗ AVOID

- ✗ **Alcohol** — interferes with regeneration
- ✗ **Intense workouts** — stress diverts healing
- ✗ **NSAIDs** — may blunt the cell response
- ✗ **Smoking** — reduces stem cell activity



## Days 2–7

### ✓ DO

- ✓ **Continue hydrating** — stay ahead all week
- ✓ **Sauna sessions** — supports detox + circulation
- ✓ **Red light therapy** — enhances cellular activity
- ✓ **Gentle exercise** — walking, yoga, light movement

### ✗ AVOID

- ✗ **Steroids** — unless physician-approved
- ✗ **Heavy alcohol**
- ✗ **Extreme heat or cold** — saunas OK, ice baths not
- ✗ **High sugar / processed foods**



# Support Your Results

## RECOMMENDED SUPPLEMENTS — CONTINUE THROUGHOUT RECOVERY



Omega-3 Fish Oil



Vitamin D3



Vitamin C



Glutathione



Magnesium



Quality Protein



NAD+



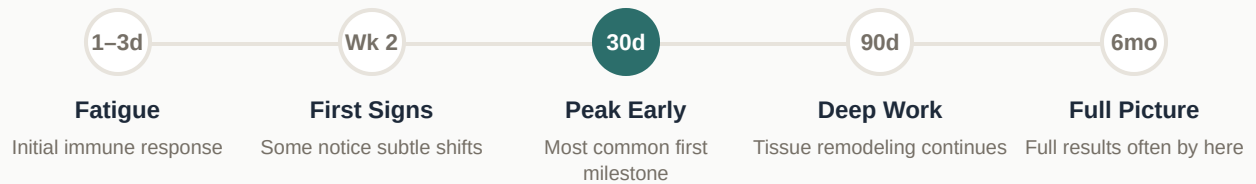
Turmeric

**Avoid inflammatory foods:** refined sugar, seed oils (canola, soybean, vegetable oil), ultra-processed snacks, and alcohol. These actively promote the inflammation your cells are working to reduce.



## When to Expect Results

EVERY PATIENT IS DIFFERENT — THIS IS A GENERAL GUIDE



**Don't judge results too early.** Stem cell therapy works on a biological timeline, not a pharmaceutical one. If you haven't noticed changes by week two, that's completely normal. Most improvements continue building for 3–6 months.

# If You Received a Joint Injection

Care instructions for targeted stem cell therapy delivered to a joint, tendon, or tissue site.



## What's Happening Right Now

### THE SCIENCE BEHIND THE WAIT

After a joint injection, stem cells are delivered directly to the target area — the joint space, tendon, or tissue site. They anchor to the local environment and release anti-inflammatory cytokines and growth factors that reduce swelling, slow cartilage breakdown, and signal your body to repair damaged tissue.

**Some temporary discomfort or swelling at the injection site is normal** and actually indicates the cells are active. The real work happens over the coming weeks.



## Injection Site Care

**Swelling and soreness at the injection site is expected and normal** — often lasting 3–7 days. This is your body's inflammatory response to the cells, not a sign something went wrong. Don't panic and reach for ibuprofen — this reaction is part of the process.

- ✓ Keep the site **clean and dry** for 24 hours — no submerging in pools, hot tubs, or baths
- ✓ **Ice packs** can be used sparingly if swelling is uncomfortable — 10–15 min on, not continuous
- ✓ **Elevate** the treated limb when resting if possible
- ✗ **No NSAIDs** (ibuprofen, naproxen, aspirin) — they suppress the inflammatory signaling that drives healing
- ✗ **No cortisone or steroid injections** at or near the site for at least 6 weeks
- ✗ **No picking, rubbing, or massaging** the injection site for 48 hours





## What's Normal to Feel

### COMMON RESPONSES — TYPICALLY RESOLVE WITHIN 3–7 DAYS

- Swelling at the site
- Mild bruising or redness
- Stiffness
- Increased soreness temporarily
- Warmth around the joint
- Mild fatigue

**The "flare" is real.** It's common to feel temporarily *worse* in the first 1–2 weeks before you feel better. This is inflammation doing its job. Stay the course.



## Activity Guidelines

### ✓ DO

- ✓ **Rest the joint** for 24–48 hours post-injection
- ✓ **Gentle range of motion** after 48 hours
- ✓ **Low-impact walking** after day 2
- ✓ **PT or light rehab** recommended alongside

### ✗ AVOID

- ✗ **High-impact activity** for 1 week
- ✗ **Prolonged standing or walking** day one
- ✗ **Alcohol and smoking**
- ✗ **Inflammatory foods**



## Support Your Results

### RECOMMENDED SUPPLEMENTS — CONTINUE THROUGHOUT RECOVERY



Omega-3 Fish Oil



Vitamin D3



Vitamin C



Glutathione



Magnesium



Quality Protein



Collagen Peptides



Turmeric

**Collagen and protein are especially important** for joint injection patients — your body needs amino acids as the raw material to rebuild cartilage and connective tissue.



## When to Expect Results

### EVERY PATIENT IS DIFFERENT — THIS IS A GENERAL GUIDE

Wk 1

**Flare**

Soreness may increase

Wk  
2-3

**Settling**

Inflammation calming

30d

**First Gains**

Most notice progress

90d

**Tissue Work**

Cartilage support ongoing

6mo

**Full Picture**

Full results often by here

**Don't judge results too early.** Joint regeneration is a slow biological process. Cartilage does not rebuild overnight. Many patients see steady, compounding improvements over 3–6 months. The cells are still working even when you can't feel it.



## When to Seek Help



Contact your provider or seek medical attention if you notice:

- △ Shortness of breath
- △ Fever above 101°F that doesn't resolve
- △ Dizziness that won't resolve
- △ Swelling of lips, tongue, or throat
- △ Chest pain or tightness
- △ Severe allergic reaction
- △ Rapid or irregular heartbeat
- △ Intense, spreading redness at site

**For any life-threatening emergency, call [911](#) immediately.**

## Healing isn't always linear.

Questions will come up — that's normal. Reach out to your provider anytime. There's no such thing as a dumb question when it comes to your health, and the people who treated you would rather hear from you than have you guess alone.

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This document is for informational purposes only and does not constitute medical advice. Results vary by individual. If you have concerns about your recovery, contact your provider or seek medical attention. Stem cell therapy is not FDA-approved for the treatment of any specific disease or condition.