



BEVERLY HILLS
WELLNESS CENTER



POST-PROCEDURE PROTOCOLS



BEVERLY HILLS
WELLNESS CENTER

OUR MISSION

Our mission is to provide patients from all over the world access to healthcare that will help them live a better quality of life without drugs and surgery.



AFTER YOUR REGENERATIVE MEDICINE TREATMENT

CONGRATULATIONS ON YOUR BIG STEP TOWARDS RECOVERY!

We want you to get the most out of your treatment. The treatment works best when you eat the right foods, engage in healthy activities and follow the instructions exactly as indicated by your medical provider. Studies show that the healing can continue to work for up to 8 months. There are 3 rules that you should follow to help the stem cells have an optimal environment for growth.

Follow this step by step guide in order to receive the result you are hoping for.



RECOVERY RULES

01.

IF IT HURTS, DON'T DO IT.

It is common to feel some pain and discomfort for 24-48 hours after injection.

You may be numb in the areas treated for 4-6 hours after the procedure.

After the first 2-3 days, the soreness will start to subside. It is important to listen to your body.

Due to the numbness we ask that you refrain from any strenuous activities but **STAY** as mobile as possible. Get up and walk frequently. "MOTION IS LOTION" If some of the local anesthetic should wash out into the tissues surrounding some of the larger nerves, you may notice weakness and numbness of part of a limb. Be assured this is transient and should not be a cause for undue concern.

Do not use ice to bring down the swelling as it can damage or kill the cells that were just injected.

Do not use any medication containing ibuprofen, naproxen, aspirin, or other prescription anti-inflammatory medications such as Motrin, Advil, Aleve, Voltaren, Mabie, or Celebrex for 7 days after treatment. You may take Tylenol (acetaminophen) up to 4g daily or use a topical pain cream.

You may experience the "Roller Coaster" syndrome where you feel great one day and for no apparent reason the area treated starts to hurt again, this is normal in the healing process.

02.

DO NOT DO ANYTHING THAT CAN CAUSE INFLAMMATION IN YOUR BODY!

Remember from the pre-care instructions you received that inflammation is one of the biggest causes of unwanted health conditions.

Our diets are one of the biggest ways we can cause unwanted inflammation in our bodies. The treatment you just received works in part by going to the areas of your body where there is inflammation. If you are causing more inflammation by the way you are eating, then consequently some of the healing properties of your treatment will work on fixing problems that your diet is creating.

Please follow the nutritional guide recommended by your doctor. Also make sure you keep yourself hydrated by drinking plenty of water. The closer you follow these guidelines the better chance you will have in your recovery.



03.

GET PROPER REST AND AVOID ADDING STRESS TO YOUR LIFE!

Getting enough rest and good sleep is vital. When you are sleeping your body and your mind are recovering. Sleep helps reduce inflammation. Good quality sleep will give your body and your treatment time to do its job in **GETTING YOU BETTER!** Stress is another thing that is not healthy for your body and your mind. There are four types of stress we commonly deal with. Physical, emotional, nutritional, and chemical.



Physical: We want you moving but please pay attention to your bodies reactions and do not do anything that causes pain. Also, make sure to listen to your doctor's advice on what to do and what not to do. Pain relief may be the first thing you notice in your recovery. It is not an indication that you are fully ready to get back to normal activities. If you overdo it, you may set back or ruin your chances at recovering.



Emotional: Our bodies and our minds are connected. If you have a lot of emotional stress it can affect your health and vice versa. Try to avoid anything that may bring you down emotionally. A positive mental outlook will go a long way in your recovery.



Nutritional: People eat a lot of empty calories. An empty calorie is food or drinks that do not have a lot of nutritional value. Remember the food we eat is fuel for our bodies. If you put good fuel in, your body will run well; but if you put bad food in, it will not. Please eat only nutrient dense or nutrient rich food. There are many resources online to help you better understand what foods to choose. Your body and the treatment need good fuel to get you the best result possible.



Chemical: We are exposed to literally tens of thousands of chemicals, toxins and pollutants on a weekly basis. They are in the air that we breath, the food that we eat and even the things we use to wash our clothes and bodies. Everything around us is heavy in these chemicals, toxins and pollutants. Try and lower your exposure as much as possible, especially with the foods that you eat. Try to eat freshly prepared organic foods whenever possible.



ANTI-INFLAMMATORY DIET

There are tons of information and books you can read on this type of diet. Invest some time researching which one will work best for you. This will be finding the types of foods you like.

Also, you will need to calculate and consider prep time for these foods and how that will fit into your lifestyle.

Always have healthy snacks close by. If you get too hungry you will end up eating anything including food that may be counterproductive to your treatment. Below is a guide to this type of diet we found online on Web MD to help you get started in understanding what an anti-inflammatory diet is.

An anti-inflammatory diet is widely regarded as healthy, so even if it doesn't help with your condition, it can help lower your chances of having other problems.



WHAT TO EAT

In a nutshell, anti-inflammatory foods are those that any mainstream nutrition expert would encourage you to eat. They include lots of fruits and vegetables, whole grains, plant-based proteins (like beans and nuts), fatty fish, and fresh herbs and spices.

FRUITS AND VEGGIES: Go for variety and lots of color. Research has shown that vitamin K-rich leafy greens like spinach and kale curb inflammation, as does broccoli and cabbage. And the substance that gives fruits like cherries, raspberries, and blackberries their color is a type of pigment that also helps fight inflammation.

WHOLE GRAINS: Oatmeal, brown rice, wholewheat bread, and other unrefined grains tend to be high in fiber, and fiber also may help with inflammation.

BEANS: They're high in fiber, plus they're loaded with antioxidants and other antiinflammatory substances.

NUTS: They have a healthy kind of fat that helps stop inflammation. (Olive oil and avocados are also good sources.) Stick to just a handful of nuts a day; otherwise, the fat and calories will add up.

FISH: Put it on your plate at least twice a week. Salmon, tuna, and sardines all have plenty of omega-3 fatty acids, which fight inflammation.

HERBS AND SPICES: They add antioxidants (along with flavor) to your food. Turmeric, found in curry powder, has a strong substance called curcumin. Garlic curbs the body's ability to make things that boost inflammation.



WHAT NOT TO EAT

Anything highly processed, overly greasy, or super sweet isn't a good choice for you if you have inflammation.

STEM CELL THERAPY CAN RESTORE YOUR HEALTH!



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