



# AFTER CARE TREATMENT GUIDELINES

## EXOSOME, AMNIO, A2M INJECTIONS

- **\*\***(NO submersion under water for 24 hours-ie: hot tube, bath, pool, rivers, ocean, etc..).
  - \*(prevents potential injection site infections)
- NO Anti-inflammatory medications (ie: ibuprofen, aspirin, Aleve, etc..) for a minimum of 7 days after treatment (try NOT to use NSAID's for 30 days if possible)
  - Tylenol (Acetaminophen) is ok.
  - CBD is ok.
  - Prescription pain medications as necessary.
- Stay well hydrated, eat a healthy diet.
- Vitamins & supplements as directed (we recommend 'Pharmanex' products, please inquire if interested).
- Follow-up post procedure visit: Day 30 (re-check & evaluation)
- Activity level (injected):
  - Week 0-1: careful activity, comfort measures as needed.
  - Week 1-2: progressive range of motion, no weighted workouts.
  - Week 3-4: increase walking, may do light WEIGHT workouts/activities (ie: recumbent bicycle, swimming, etc).
  - Week 5-12: Progress as tolerated to full activity and function.
- NOTE: (progressive healing/response/effect may take up to 12+ weeks)

If you have questions or concerns, please contact us:  
phone: (503 691-2000), email: [ma@huebertssc.com](mailto:ma@huebertssc.com), website: [huebertssc.com](http://huebertssc.com).

*"You only have one body,  
your best investment is in yourself" -Lexi H*

**We wish you a rapid, healthy recovery!**