



AFTER CARE TREATMENT GUIDELINES

HAS (Hyper Acute Serum), PRP (Platelet Rich Plasma)

- ******(NO submersion under water for 24 hours-ie: hot tube, bath, pool, rivers, ocean, etc..).
 - *(prevents potential injection site infections)
- Icing as tolerated
 - Ice-pack recipe: (in a zip-lock bag)
 - 2 cups of water, 1 cup of rubbing alcohol and freeze.
- 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 to take.
 - CBD is ok to take.
 - 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 (site check & general evaluation)
- Activity level:
 - 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 bike, swim, etc).
 - Week 5-12: Progress as tolerated to full activity and function.
- **NOTE:** (progressive healing/effects/benefits may take up to 12+ weeks)

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

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

We wish you a rapid recovery!