

Regenerative Therapy Preparation Guide & Checklist

Congratulations on choosing regenerative medicine! You've taken a proactive step toward healing the root cause of your pain. This guide will help you prepare and support your recovery. ■■ This is informational only. Do not stop or adjust any medications without your clinician's approval.

Therapies Compared

Therapy	Source	Best For	Healing Time	Notes
PRP	Your blood	Tendon injuries, arthritis, skin	Weeks–Months	Low risk, natural
BMAC / Stem Cells	Your bone marrow	Severe arthritis, complex joints	Weeks–Months	Rich in stem cells
Placental Tissue	Donated after live birth	Soft tissue, joints, burns	Weeks	Anti-inflammatory
Exosomes	Lab-prepared vesicles	Advanced signaling	Weeks	Emerging therapy
Growth Factors	Biologic signals	Tendons, ligaments	Weeks	Boost healing

Preparation Checklist

Item	My Procedure Day	Stop Before	Resume After
NSAIDs (Advil®, Motrin®, Aleve®)	■	7 days	30 days
Steroids (Prednisone, Medrol®)	■	30 days	30 days
Smoking / Nicotine	■	72 hrs–2 weeks	2–4 weeks
Marijuana (THC)	■	72 hrs	7 days
Alcohol	■	72 hrs	7 days
Supplements (Fish oil, turmeric, etc.)	■	7 days	7–14 days
Hydration & Nutrition	■	Daily	Continuous
Sleep (7–9 hrs)	■	Daily	Continuous
Gentle Exercise	■	Daily	Continuous

Disclaimer

■■ This guide is informational only. We do not recommend alcohol, illicit drugs, or smoking. Do not stop or change prescribed medications without your clinician's guidance.