



HCTP THERAPY

IT IS STRONGLY RECOMMENDED THAT YOU ADHERE TO THE FOLLOWING GUIDELINES TO ACHIEVE MAXIMAL BENEFIT FROM HCTP THERAPY.

Pre-Procedure Patient Guidelines

- If possible, reduce or stop taking any non-steroidal anti-inflammatory medications (NSAIDs) and steroid medication **5 days before procedure**.
 - NSAID Examples: Aspirin, Motrin, Advil, Naprosyn, Aleve, Indocin, Celebrex, Lodine, Relafen, Daypro, Tolectin, Mobic, Toradol, Voltaren, Trilistate, Dolobid, Arthrotec, Ibuprofen, Diclofenac and Clinoril.
 - Please consult your pharmacy care provider before stopping any aspirin medications if taking for cardiovascular reasons.
 - *Consider* stopping, or reducing, use of your Statin medicine 5 days before procedure.
 - Please consult your PCP before stopping use of your Statin medication.
 - *Consider* stopping fish oil, Vitamin E Supplementation and Tumeric 5 days before procedure.
 - Notify the provider if you are currently taking blood thinner medication.
 - Examples: Coumadin, Warfarin, Heparin, Lovenox, Pradaxa, Dabigartran, Orgaran, Innohep, Fragmin, Argatroban, Plavix, Effient, Prasugrel, ReoPro, Ticlid, Trental and Persantine.
 - Drink plenty of water prior to procedure.
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Post-Procedure Patient Guidelines

- If possible, refrain from taking anti-inflammatory medication for at least **4-6 weeks post-procedure**. This includes both NSAIDs and steroid medications.
- Refrain from using heat packs, heating pads, jacuzzi, hot baths, etc. You may take showers normally, but do not let hot water beat down in the procedure area.
- You may use ice on the procedure site and, if needed, you may take Tylenol.
- Treated joints/areas need rehabilitation to achieve maximal results:
 - Immediately Post-Procedure: REST for the first 24-48 hours. It is also best if you can do as little as possible for 2-4 weeks.
 - In the first two weeks after your procedure, continue with regular chiropractic adjustments and gentle stretching w/joint mobilization, as well as applicable bracing and traction.
 - 2 - 3 weeks after your procedure you will begin your rehabilitation therapy.
- Remember results will vary for each patient. Some patients may not see full results from treatment until 3-6 months post-injection. At that time, if you feel you have not achieved sufficient level of results, you may consider a second injection, or other follow up options.