



PCDC Post Care

Your treatment: _____

Days of downtime: _____

Your provider: _____

WHAT TO AVOID

- Avoid Aspirin, Vitamin E, anti-inflammatory drugs such as Motrin or Advil for at least 5 days prior to treatment.
- Avoid Willow Bark or Ginkgo Biloba supplements for at least 10 days prior to treatment.
- Limit caffeine intake in the 24 hours before your treatment.
- If you take any prescription stimulants, do not take them on the day of treatment.

PRE-TREATMENT

- Wash the area to be treated vigorously with antibacterial soap.
- Do not use any lotions, creams, bath oils, or sprays on the areas to be treated.
- Apply Arnica cream 2+ hours before treatment.
- Eat a light, high-protein meal 2-4 hours before your treatment. A high protein bar (30 grams of protein or more) approximately 30-45 minutes before your treatment can really help with comfort during the treatment and after.

POST TREATMENT

- You may go about your normal day, although swelling and soreness might be present immediately after treatment.
- Swelling is very normal and expected. Swelling should subside anywhere from 2-4 weeks post procedure, but this is different for each individual and can sometimes persist longer.
- Avoid hot baths or showers for at least 48 hours.
- Drink 1 gallon of water the day of your treatment and at least 80 ounces of water (10 glasses) a day during the healing process.
- No vigorous exercise for 48 hours.
- Continue to use your Arnica cream 3-4 times a day for the next 2-3 days.
- Do not use any other creams or lotions on the treated area for 48 hours.
- Wear loose fitting clothes for at least 48 hours after your treatment.
- Bruising may last for 10 days or more after treatment. Continue to avoid the drugs and herbal supplements mentioned above in order to help reduce bruising.

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