



You have received therapy today with Restor, a regenerative therapy that includes Mesenchymal Stem Cells.

If you received Restor therapy via injection, it is common for the site/joint to feel sore post procedure.

Restor regenerative therapy requires inflammation for it to work properly, so please avoid the following:

1. **NO** anti-inflammatory medicine for at least 3-6 weeks, i.e. no Aspirin, Ibuprofen, Naproxen, Naprosyn, Aleve, Advil, Motrin, etc. (If you are on a baby aspirin (81 mg) for cardiac purposes, please continue to take your medication)
2. **NO** icing of the injection site.

We encourage active rehabilitation post treatment, so please move and use your joint.

Avoid high impact activity for up to two weeks, so no running or weight lifting.

If you have any excess pain, redness or swelling post procedure, please contact our clinic immediately.

Thank you for choosing [New Life Chiropractic and Regenerative Medicine](http://www.newlifechiropractic.org)

Sincerely,

Wesley Sheader DC, DCCP

Kathleen Wilson DNP, BC