

Dr. Maxwell has recommended that you undergo regenerative treatment, called Tgen RXSM, for your joint pain. Regenerative Medicine treats damaged tissue such as ligaments, muscle, tendons and joint capsules. This steroid-free treatment stimulates the body's natural healing response, relieving pain at the affected areas. And best of all, Regenerative Medicine treatment works quickly and permanently.

What is Regenerative Medicine?

Through treatment, damaged tissue is rebuilt and strengthened by administering regenerative agents at the affected location(s). Regenerative Medicine aids in the rehabilitation of an incomplete structure, such as a ligament or tendon, by inducing regeneration of new cells.

Regenerative Medicine helps heal joints by stimulating the body's own healing mechanism to produce more tissue cells at the affected area. In addition to alleviating pain, studies have shown that these new tissues are 30 – 40 percent stronger than the old tissue.



Connective tissue cell

Frequently Asked Questions

What is the scheduling process for this procedure?

- Our office will submit a predetermination of benefits request to your insurance company (the timeliness of this process varies depending on your insurance type).
- You will be contacted by our office to schedule the procedure once benefits have been confirmed.

How do I prepare for the procedure?

- If you are taking NSAIDS (anti-inflammatory medications such as Motrin, Naprosyn, Advil, or Aleve) please discontinue 2-4 days prior to your treatment.
- If you are taking Coumadin, Plavix or other anticoagulants, please discontinue 5-7 days prior to your treatment and consult your primary care physician.
- Follow your normal daily routine on the day of your procedure, and make sure to drink plenty of water.
- If applicable, bring a t-shirt or shorts for ease of access to area. We will provide appropriate clothes if needed.

What should I expect the day of the procedure?

- Expect to be at the office for approximately 1 hour.
- Upon arriving at the office your blood will be drawn and you will be prepped for your procedure. Your blood will be spun in a special centrifuge for approximately 15 minutes.

- The area will be numbed with local anesthesia and an ultrasound will be used to guide the doctor.

After the Procedure

- You will be numb in the treated area(s) for 4-6 hours after the procedure
- Due to the numbness we ask that you refrain from any strenuous activity but remain mildly active
- After the anesthesia wears off you may resume activities as tolerated
- You will experience some pain and/or soreness for 2 -5 days after your treatment
- Refrain from taking anti-inflammatory medication for 4-6 weeks after treatment
- Use Tylenol as directed for pain
- Use ice for 10 minutes every 2-3 hours for swelling
- You may experience the “roller coaster syndrome” where you feel great one day and awful the next day, this is normal during the healing process
- The injected platelets are active for 6 weeks and it can take up to 6 months for normal collagen to form and heal completely
- Our goal is 80% improvement in pain, and some patients may require more than 1 treatment to reach that goal. Sometimes a series of 2-3 treatments are needed to achieve complete healing. If subsequent treatments are needed, they are usually performed 4 weeks apart.

Tgen_{RX}SM