



## Post Treatment Information

Now that you have experienced your first Softwave Tissue Regeneration treatment, here are a few things you can do to ensure you have the best possible outcomes.

You just received treatment on one part of your body experiencing pain, as was identified by the pain or tenderness felt from the treatment. Softwaves are electro-hydraulically produced sound waves that exit the applicator at 3,355 miles per hour.

This creates a shearing force on a cellular level that helps break up scar tissue and remove oxidative stresses that have built up around the cell membrane. This tricks the body into thinking there is a new injury without damaging the tissue but helps activate an innate healing response on a cellular level. It also decreases inflammation and pain at the treatment site.

The best part is that research suggests this treatment stimulates your own stem cells within 45 minutes of treatment. Stem cells are the repairmen of the body. This helps attract other helper cells and reset and heal the body naturally. These repair and helper cells are signaled to come out over the next few weeks and start the healing process to the damaged tissue.

Typically, after the third treatment, we should see a 60-75% reduction in pain. After 5-6 treatments, we should have the maximum stem cell production that will continue to migrate and repair the tissue over the next 8-12 weeks. The TRUE healing will be 8-12 weeks from now when the maximum amount of stem cells have been produced and migrated to the treated area.

**Friendly reminder:**

After SoftWave therapy, there might be some side effects. You might experience things like swelling, redness, or bruises. There could also be tiny red spots called petechiae or skin lesions, especially if you had cortisone therapy before. Sometimes, the pain might worsen temporarily, and there might also be more bruises or swelling. These side effects are usually temporary and typically go away within two days.

After receiving shockwave therapy, you may experience some fatigue for 24 to 48 hours. This is a natural reaction of your body's cells repairing and healing themselves. These therapies stimulate the healing process, and your body works hard to heal and improve. Proper hydration is critical in the process.

Softwave works differently from other shockwave devices. Other shockwave devices can cause damage to internal organs, but Softwave does not. Because Softwave is gentle and effective, it is utilized to treat erectile dysfunction, Peyronie's Disease, Nocturia, and pelvic pain by urologists and pelvic floor therapists.

Softwave Tissue Regenerative Technology stimulates an inflammatory response, which is the body's natural healing process. It's crucial to avoid anti-inflammatory medications (such as aspirin, Advil, Motrin, Aleve, and Naprosyn) and anti-inflammatory supplements (such as turmeric, cumin, and Q10) after the treatment. Applying ice is also not recommended. If there is no swelling, you may use mild heat, which could be beneficial. If you experience pain, it should subside within 24 hours. You may use over-the-counter non-anti-inflammatory pain medications, such as Tylenol, if necessary, as long as you have no known issues with this medication. Additionally, reduce your activity level for 48 hours following the treatment.

Staying hydrated is critical to promote healing after your treatments. Please read the information on the Centers for Disease Control and Prevention to learn more about proper hydration:

[https://www.cdc.gov/healthyweight/healthy\\_eating/water-and-healthier-drinks.html](https://www.cdc.gov/healthyweight/healthy_eating/water-and-healthier-drinks.html)