



Boulder Biologics

Integrative and Regenerative Medicine

Pre and Post Treatment Care for EPAT Therapy

- We advise the avoidance of non-steroidal anti-inflammatories such as ibuprofen (Motrin), Naprosyn (Aleve) and aspirin for 7 days prior and 2 weeks after treatment. This is to ensure we are not suppressing the initial healing responses that are important in maximizing treatment benefits. Some areas that we do EPAT on, will tend to be more painful than others. For this reason, we recommend acetaminophen if needed.
- Relative rest and periodic elevation of the treated area for 24 hours after the procedure is recommended. We do encourage patients to still move around in non-impactful ways during this time period, to allow for optimal circulation to the treated area. We will typically discourage the use of ice in the initial days after treatment to maintain optimal circulation to the treated area. Heat therapy is indicated post treatment as heat applied to the skin will help increase local blood circulation and reduce tissue fluid to the treated area.
- We will normally have patients return to the clinic 4 weeks after the treatment for follow-up to ensure everything is progressing normally.
- The goal with EPAT is to create healing in the targeted tissues and or improved function. Physical therapy and appropriate mobility activities play an important role in this process. We may in some cases start the patient back on PT during or 1-2 weeks after EPAT treatment.
- We encourage patients to remain patient after EPAT treatment as the healing process will normally take a few weeks to evolve. This healing process will go thru stages, with the first being inflammation, then proliferation and finally the remodeling stage.

