

Therapeutic Plasma Exchange (TPE) Treatment Guide

What to Expect Before, During, and After Your Treatment

Before Your Treatment

Pre-Treatment Preparation (1-2 Days Before)

Stay Well Hydrated

- Drink at least 1 gallon of fluids over the 1-2 days prior to your procedure
- Avoid caffeine on the morning of treatment
- Avoid alcohol the night before treatment
- Proper hydration ensures easier venous access and improved comfort during the procedure

Eat Properly

- Be sure to eat breakfast (or lunch) before your procedure
- Never come to treatment on an empty stomach

What to Wear

- Comfortable clothing with sleeves that can be pushed up above the elbow
- Dress in layers as the treatment room temperature may vary

Required Laboratory Testing

Before your first treatment, you'll need to complete:

- Complete Blood Count (CBC)
- Comprehensive Metabolic Panel (CMP)
- Any additional tests ordered by your physician

Day of Treatment

- **Arrive on time** - If delayed more than 15 minutes, please call (469) 430-1555
- **Plan for 2.5-3.5 hours** for the complete procedure
- Bring entertainment (book, tablet, headphones) if desired

During Your Treatment

The TPE Process

TPE uses a continuous process similar to blood donation, but with key differences:

How It Works:

- Two IV sites are used - one to remove blood and separate plasma, another to return your blood cells with replacement solution
- Your plasma is continuously replaced over approximately 2-3 hours
- Harmful proteins and inflammatory substances are removed while essential proteins are replenished

Your Comfort During Treatment

- You'll be seated comfortably throughout the procedure
- Feel free to watch movies, listen to music, read, or take calls with a headset
- Numbing medication is available to reduce discomfort from IV insertion
- Our trained staff will monitor you closely throughout the session

What You Might Feel

- Most patients experience little to no discomfort
 - First-time patients may experience brief, mild queasiness that passes quickly
 - Many patients feel relaxed during the procedure
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After Your Treatment

Immediate Post-Treatment

- You can resume normal daily activities immediately
- Some patients feel an immediate boost in energy and mental clarity
- A sense of calm or well-being is commonly reported

Activity Restrictions

- **Avoid combat sports or extreme activities for 48 hours**
- Light exercise and normal daily activities are fine
- Stay well-hydrated following your treatment

Potential Side Effects

Side effects are rare but may include:

- Mild fatigue immediately after treatment
- Slight dizziness (usually resolves quickly)
- Most patients report no side effects at all

Long-Term Benefits

While some patients notice immediate improvements, the full benefits of TPE develop over time:

- Enhanced energy levels
- Improved mental clarity and cognitive function
- Reduced inflammation and associated discomfort
- Better sleep quality and mood
- Enhanced recovery from physical exertion

Follow-Up Care

- Your clinical team will provide specific aftercare instructions
 - Most treatment plans involve 4-6 sessions for optimal results
 - Benefits may continue to improve for months after completing your treatment series
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Important Contact Information

Lifespan Edge

1518 Legacy Dr, Suite 120

Frisco, TX 75034

Phone: (469) 430-1555

Parking & Directions:

- Ample free parking available
 - Enter through the doors with the large Veritex Bank sign
 - Head past the stairs, follow the hallway, and take a right at the elevator
 - Suite 120 is directly across from the bathrooms
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Questions or Concerns?

If you have any questions before, during, or after your treatment, don't hesitate to contact our team. We're here to ensure your TPE experience is safe, comfortable, and effective.

Remember: TPE is a well-established medical procedure with decades of safe use. Our experienced team is dedicated to providing you with the highest quality care throughout your treatment journey.