

# TPE Treatment Guide

WHAT TO EXPECT BEFORE, DURING, AND AFTER YOUR TREATMENT

## Before Your Treatment

### PREPARATION (1-2 DAYS BEFORE)

#### Stay Well Hydrated

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

#### Eat Properly

- Eat breakfast or lunch before procedure
- Never come on an empty stomach

#### What to Wear

- Sleeves that can push above the elbow
- Dress in layers for comfort

#### Required Labs

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

**Day of Treatment:** Arrive on time. If delayed >15 mins, call **(469) 430-1555**. Plan for 2.5–3.5 hours. Feel free to bring entertainment/headphones.

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## During Your Treatment

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### HOW TPE WORKS

- **Dual IV Access:** One site removes blood/separates plasma, the other returns your blood cells with replacement solution.
- **Duration:** Plasma is continuously replaced over approximately 2-3 hours.
- **Mechanism:** Harmful proteins and inflammatory substances are removed while essential proteins are replenished.

### YOUR COMFORT

- Seated comfortably with 1:1 monitoring.
- Watch movies, read, or take calls with a headset.
- Numbing medication is available for IV insertion.
- Our trained staff will monitor you closely throughout the session.

**What You Might Feel:** Most experience little to no discomfort. First-time patients may feel brief queasiness. Many feel deeply relaxed.

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## After Your Treatment

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### 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 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

## POTENTIAL SIDE EFFECTS

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

**Follow-Up Care:** Most treatment plans involve 4-6 sessions for optimal results. Benefits may continue to improve for months after completing your treatment series.

## QUESTIONS OR CONCERNS?

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

## CLINICAL CONTACT & LOCATIONS

Phone: **(469) 430-1555**

Maps, Directions & Hotels:  
[lifespan-edge.com/locations/](https://lifespan-edge.com/locations/)

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