

PATIENT AFTERCARE INSTRUCTIONS FOLLOWING PROLOTHERAPY TREATMENT

IT IS IMPORTANT THAT YOU READ ALL OF THE FOLLOWING INFORMATION

How will I feel after a prolotherapy treatment?

- You can expect to have increased discomfort for three to five days after the prolotherapy injections because the solution is causing a healing inflammatory response.
- This may cause you to feel like you had the sprain or arthritis flare-up all over again for a few days and is a good sign that you are getting a proper response to the injections.
- Do not be concerned if you do not have any discomfort from the injections or any pain, or if the pain you are being treated for goes away permanently after the injections. You can expect some bruising, local swelling or tenderness at the injection site.

What should I do if I have pain?

- Extra strength Tylenol may be used mild to moderate pain. Narcotics, like codeine or hydrocodone, may be prescribed if needed for short term use. Do not use Tylenol if you are drinking any alcohol. Do not exceed 4grams of Tylenol in a 24 hour period. Take caution if using narcotics containing Tylenol, such as vicodin or Tylenol #3.
- DO NOT take Aspirin 325mg, Advil, Vioxx, Naproxen, Ibuprofen, Motrin, or other arthritis-type pain medicines or anti-inflammatory drugs. Stop them if you are on them now. These medicines stop inflammation, so they stop any healing or repair that prolotherapy is intended to produce. If you have been instructed to take one aspirin a day for your heart, continue to take it.

When can I go back to work or playing sports?

- Some patients prefer to go home and rest after treatment, but others carry on with their work or other activities immediately after treatment.
- Strenuous work or sports may need to be stopped or modified for two or three weeks after injections to give the repaired tissue a chance to mature. The growth pattern of tendons and ligaments should be complete in six weeks after each set of injections.

How frequently can I get prolotherapy treatments?

- This is different for each individual. Some people may feel their pain resolved after just one treatment. Many require multiple injections every two to six weeks depending on the condition being treated and the patient's response to the treatment.

**If you have any questions or concerns,
please contact the office at (310) 878-2874**