

INSTRUCTIONS PRIOR TO PROLOTHERAPY TREATMENT

- Stop taking all anti-inflammatory medications, except for baby aspirin taken for the heart. This includes naproxen, cortisone like drugs, Advil, Motrin, Ibuprofen, celebrex, and mobic.
- Tell us in advance if you are taking blood thinners or if you have allergies to anesthetics, sugar, or painkillers
- The patient should eat a light meal one to two hours prior to treatment
- The patient should drink plenty of water the day before the procedure and up to the time of treatment that day
- The patient can take Tylenol (Acetaminophen) or prescribed medication prior to the treatment
- Recommend smoking cessation or decrease use as it impairs healing process
- We recommend you purchase Aspercreme with Lidocaine and apply to the treatment area 1 hour prior to appointment and reapply again 15-30 minutes prior to appointment. This helps with discomfort of injections
- It is recommended that you avoid: alcohol, caffeine, niacin supplement, spicy foods, and cigarettes three days before and after your treatment. All of these may increase the risk of bruising

INSTRUCTIONS TO FOLLOW AFTER PROLOTHERAPY TREATMENT

- Do NOT take anti-inflammatory medication after the injections or herbal supplements that may decrease inflammation
- You may take up to 3000mg of Tylenol or other approved medications for relief of pain following treatment
- You may use heat for soreness. However, refrain from the use of ice during the first week or longer if possible as it may impair healing and blood flow
- Avoid baths, massage oils, lotions for 3 days to allow sites to heal and prevent infection
- After the injected anesthesia has worn off (usually within a few hours), you may have a temporary increase in stiffness and pain. Not only is this expected, but is necessary to signal the healing cascade. This should last only one to three days. Some patients experience episodes of pain during the first two to three weeks after treatment. This is normal and should not cause harm. Drinking water following treatment will decrease pain and improve cell function
- Depending on the job and area treated, you may be advised to reduce your activities after treatment. Normal daily activity is recommended, including walking. Avoid strenuous exercise for the first 3-7 days. Time frame depends on your baseline activity and how you are feeling.
- Treatment is intended to provide you with long-lasting relief of your pain. An average of three-six treatment sessions, spaced every two-six weeks apart are usually required to adequately treat the problem. Each treatment builds on the previous one and too much time between treatments may slow improvement. Complete relief of pain can not be guaranteed.
- At times, depending on the area treated, a splint or brace will be recommended for a short period of time after the procedure to protect it