



## **Before & After Treatment Instructions for Prolotherapy, Trigger Point, Neural Therapy**

### **Instructions Prior To Treatment**

Stop taking all anti-inflammatory medications including: Naprosyn/Naproxen, Ibuprofen, Aleve, Relafen, Motrin, Advil, Aspirin products, Vioxx, Celebrex, Nuprin, and Cortisone/steroid-like medications. These need to be avoided 3 to 5 days prior to injection, and 7 to 10 days after injection.

If you decided to use the Emla Cream (lidocaine) for pre-injection anesthetic, it will be applied **1 hour** prior to your injections, which will be scheduled with the front desk staff.

### **Important**

- Please tell us in advance if you are taking blood thinners (e.g. Coumadin), or if you have allergies to fish, corn, sugar, anesthetics, latex, or painkillers.
- Eat a light meal one to two hours prior to your treatment, and drink water up to the time of your appointment.
- Try to decrease or quit smoking as it will impair the healing process, therefore making the therapies less effective.
- Bring any old x-rays or radiology studies to your appointment if available.

### **After Care Instructions**

- You can expect to have increased discomfort for 3-10 days after the ligament strengthening injections because the solution is causing an inflammatory healing response.
- The injection may cause you to feel like the sprain or arthritis is flaring up all over again for a few days, and that is a good sign 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 afterwards; or if the pain you are being treated for goes away permanently after the injections. This occurs in 10% of patients. You can expect some bruising, local swelling or tenderness at the injection site, but it doesn't always happen.
- Some patients prefer to go home and rest after treatment, but others carry on with their work or other activities immediately after treatment.
- Ice and heat are allowed, within limits, due the nature of the healing process. Ice packs are the most useful method of controlling discomfort and swelling after injections for the first 6-12 hours after the procedure. Then, only heat is helpful in the healing process. This may include a hot water bottle or heating pad. Gentle stretching in a hot shower may also help the muscles relax.
- Strenuous work or sports may need to be stopped or modified for 2 or 3 weeks after injections to give the tissue repair a chance to build up and strengthen. The growth pattern of tendons and ligaments should be complete in six weeks after each set of injections.
- Aspirin, Advil and all of the non-steroidal anti-inflammatory drugs stop inflammation and reduce pain. Since inflammation is the desired effect in the healing and repair response to Prolotherapy injections, these drugs should be avoided for at least 7 days after injections to get the strongest response to the injections. Short-term use of narcotics or extra strength Tylenol may be necessary in a few cases.
- Keep the injection sites clean and avoid hot tubs, swimming pools, and lakes for 3 to 5 days following the injection. Showering the day of the injection or the next day is fine.
- Ultrasound with Prologel- Ultrasound can be done daily with Prologel after your injections of Prolotherapy or trigger point. If you decide that you want to return to clinic and get further Ultrasound with Prologel before your next injection series, give us a call to schedule. This isn't necessary, but patients find that this continues to help bring blood to the area to promote healing and helps to decrease pain in the healing phase.
- Chiropractic, acupuncture, PT, rolfing, and massage are encouraged before the injections and to start 7 to 10 days after injections to aid in the healing process. If you want to see your chiropractor before the 7 days after injections, activator treatment would be fine. The goal is prevent a tear and heal the tissues.