



## **PATIENT AFTERCARE INSTRUCTIONS FOLLOWING PROLOTHERAPY & PLATELET RICH PLASMA TREATMENT**

### *How will I feel after a treatment?*

- The goal of prolotherapy/PRP therapy is to cause a controlled healing inflammatory response to initiate the regenerative healing process. Hence, you can expect to have some discomfort with pain, stiffness, soreness, local swelling, bruising at the injection site for three to five days after the injections. You may feel like you have the sprain or arthritis flare-up all over again for a few days. This is a sign that the treatment is working. If you do not get any of these symptoms, then the concentration and or volume of the solution to be injected will be increased at your next treatment to stimulate a stronger response.
- You will have good days and bad days where you feel great one day and for no apparent reason the area treated starts to hurt again. This is normal in the healing process. Symptom relief is slow and subtle over weeks to months so over time there will be more good days than bad.

### *What should I do if I have pain?*

- You may ice the treated area 15 to 20minutes 2 to 3 times a day. NEVER apply ice directly to bare skin. This may cause blisters and frost bite.
- Extra strength Tylenol may be used for mild pain. Tramadol for moderate pain and narcotics containing codeine or hydrocodone like Norco, Vicodin, or Tylenol #3 may be prescribed for severe pain if needed for short term use. Avoid alcohol while taking these medications. Do not exceed 4grams of Tylenol from all sources in a 24 hour period. These medications may cause drowsiness so do not operate machinery or drive while taking them.
- DO NOT take Aspirin 325mg, Vioxx, Naproxen, Advil, Ibuprofen, Motrin, Celebrex, Mobic, Diclofenac or other anti-inflammatory drugs for at least 1 week before and 2 weeks after treatment. These medicines stop inflammation, and decrease the effectiveness of the injections to repair injured tissue. If you have been instructed to take one aspirin a day for your heart or stroke prevention it is OK to continue to take it.

### *When can I go back to my daily activities?*

- Some patients prefer to go home and rest after treatment, but others carry on with their daily (non-sports) 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.

### *How frequently do I need these injection treatments?*

- This is different for each individual. Some people may feel their pain resolved after just one treatment. Many require multiple treatments (anywhere between 1 to 5 sessions) every two to six weeks apart depending on the condition being treated, degree and duration of the injury and the patient's response to treatment.

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