

Post Prolotherapy Instructions

- Stay hydrated
- Don't take NSAIDs (Naprosyn/Aleve, Celebrex, Advil/Ibuprofen) for pain for 5 – 7 days after prolotherapy
- Do take Acetaminophen/Tylenol, T3 or Tramacet for pain as needed for a few days
- Use ice sparingly (remember you do want the inflammation response)
- Exercise in moderation – we encourage walking but **no** strenuous activity during the first week. Keep moving but not to the point of pain. Do not over-stretch – after all we are trying to repair ligaments which are already too lax.
- Begin specific isometric exercises the **second** week – movement helps the healing process. These are gentle movements against resistance without using weights. You can use therabands if you wish. You need to exercise the relevant muscle groups – ie. where you have been treated. A physiotherapist can reinforce the correct exercises with our prescription if required.
- PLEASE DON'T POKE around the injected area. You can increase the risk of infection by touching the injected sites, and you can worsen the healing process. This means **no** massage, chiropractic, myofascial release, active yoga, manipulation at all of the affected area of your body. We notice that patients who forget this often have increased pain and less chance of healing.
- Remember: your pain might be better, or worse during the first 2 weeks after prolotherapy. **Expect this** and you won't be disappointed. But at 1 month you should notice you are improving. Some people only improve after the 2nd or even 3rd injection. These people are glad they persisted with treatment – it paid off in the end. Prolotherapy takes time to work as it is using the body's own repair mechanisms.
- If your pain is significantly worse after prolotherapy, call up for a trigger point appointment: often releasing painful areas in muscles or fascia, or the use of superficial perineural injections can deal with the spasm or nerve pain that sometimes happens after prolotherapy: there is something we can do about that so don't suffer in silence! This can be done any time between prolotherapy visits.