



PROLOTHERAPY TREATMENT: AFTERCARE ADVICE

1. Patients often experience 2 to 3 days of a bruise like pain after prolotherapy injection treatment. Having pain for at least 2 to 3 days means that the tissue has been stimulated adequately and optimizes chances of the procedure being successful.
2. To help with the pain of the procedure, you may apply ice or a cold pack or heat to the affected area 3 or 4 times a day for 20 minutes. You may use a CBD ointment or cream and/or take non-anti-inflammatory pain medication (Tylenol, Tylenol with Codeine, Vicodin, etc.). Staying mildly active and not lying down for long periods, after the treatment will minimize swelling in the tissue.
3. To maximize the healing potential of prolotherapy, nutritional supplementation is recommended. I recommend a total of 3,000 mg of Vitamin C in divided doses of 500 to 1000 mg 3 or 4 times a day. A good quality multivitamin along with a supplement containing amino acid collagen precursors is helpful. We do have some collagen healing enhancers for sale in the office.
4. Avoid taking aspirin, ibuprofen, Aleve, Motrin, Celebrex or other non-steroidal, anti-inflammatory drugs for pain for at least two weeks after prolotherapy. They may suppress the desired response in the tendons, ligaments, and joints we are treating. Anti-inflammatory herbs such as Tumeric, Boswellia, etc. should also be stopped for 5-7 days so as to not suppress healing. Taking a daily 81mg baby aspirin for cardiac reasons is okay, however this is now only recommended by the FDA in people with specific risk factors.
5. Avoid vigorous exercise unless this has been discussed and approved by Dr. Kochan. Activities are not restricted except for those involving sudden, jerking or sharply compressive movements of the treated body part, or activities which are painful.
6. If you are receiving manipulative treatment by a chiropractor, ask him/her to avoid high velocity and forceful methods to the treated body part while receiving prolotherapy or PRP. Dr. Kochan will be happy to speak with your chiropractor or physical therapist about your treatment.
7. Please call the office if you have any questions or if you believe that you are having side effects from your treatment.
8. Please keep a written record of the duration of soreness and report any unusual or interesting symptoms following the procedure. Before your next visit try to determine whether or not the last treatment has helped you. Has your pain been reduced? Are you able to function better? Are you sleeping better?