

## Pre-Injection Instructions

1. Review the Prolotherapy Frequently Asked Questions (FAQs) on the website.
2. Discontinue any over the counter or supplemental **anti-inflammatories** 10 days prior to the procedure. This includes: Motrin, Ibuprofen, Naproxen, Aspirin, Aleve, fish oil/EPA/DHA, turmeric, etc
3. One-Two weeks prior to procedure begin the following supplements for collagen/stem cell production. All of the following are available at the clinic for your convenience.
  - a. **Zinc:** 60 mg/day in divided doses with food
  - b. **Vitamin C:** 3000-6000 mg/day as tolerated
  - c. **Vitamin D:** 4000-6000 mg/day with food
  - d. **Collagen Supplement** of some kind: Vital proteins makes a great one.
4. **Diet:** Adequate Dietary Protein and Healthy Fats are ESSENTIAL for healing!
  - a. Protein Meal: Salmon is best, Low Carb/Low Sugar, Avoid breads/grains
5. → **IMPORTANT:** If you are receiving PRP, **AVOID a heavy/fatty breakfast** on the day of your appointment. This can obscure the platelet sample and may lower the quality of your PRP.
6. Be sure to be **WELL RESTED, WELL HYDRATED and LIGHTLY FED** day of procedure.
7. Please have a decent meal with adequate protein prior to your visit. Also remember to drink plenty of water the day before and the day of the procedure.
8. Do NOT exercise the day prior or day of procedure to avoid inflammation.
9. Plan on having a driver if we are treating your neck. Otherwise, you may drive yourself home after the procedure.
10. Please contact Dr. Neary **before** the time of your regenerative injection appointment if:
  - You have any questions about the procedure
  - You are unsure about discontinuing the medication you are on
  - You become ill, develop a fever, or are on antibiotics
  - You need to reschedule or cancel for any other reason

**The procedure will begin promptly at your scheduled time and it is best if all concerns have been addressed ahead of time.**

## Post-Injection Instructions

It is NORMAL to experience temporarily increased pain or soreness at the site of the injection(s). You also may notice local swelling surrounding the joint or tissue.

It is extremely important to avoid all anti-inflammatory medications, steroids, supplements and cold applications (ice), for at least 6 weeks after the injection. These medications include Ibuprofen, Advil, Aleve, Mobic, etc. These types of medications will block the beneficial effect of the injection and will inhibit the body from healing itself. You may take prescribed medications as directed.

### Supplements

- Continue taking the recommended supplements for 6-8 weeks. This ensures that you have adequate nutrients and co-factors on hand for building new collagen.

### If you experience any of the following, please contact the office immediately:

- Fever above 101.5
- Drainage from the injection site
- Shortness of breath, rash, itching, or severe headache
- Excessive bleeding

### Recommendations

- For the first 24 hours, avoid submerging the injection site in water.
- Keep activity levels light in the first 3-4 days after the injection. Avoid heavy lifting or high impact activities. On the flipside, movement is good!
- As always, follow a healthy diet! Avoid sugars and processed foods and excessive alcohol intake. Your body requires good nutrition in order to heal.
- Avoid smoking as it impairs the healing process.
- As a rule of thumb, it may take up to 4-6 weeks to notice improvement in your areas of complaint. Some patients may experience partial relief and require a repeat injection. Results will vary based on the duration/severity of your complaint, your nutritional status, your age, and the presence of other medical conditions. Repeat injections are often performed within 1-4 weeks if needed.