

Prolotherapy: Pre And Post Injection Care

Use of Medication and Supplements | NO anti-inflammatory medicines before or after injections (minimum of 5-10 day window).

Drugs which should **not be used** before or during a course of Prolotherapy treatment.

- **ACETYLSALICYLIC ACID (ASA):**
Includes: Aspirin, Anacin, Ascriptin, Bayer, Bufferin, Excedrin, Percodan
- **PROPIONIC ACID DERIVATIVES:**
Ibuprofen: Advil, Motrin, Motrin IB, Naproxen, Aleve, etc.
- **ACETIC ACID DERIVATIVES:**
Indomethacin (Indocin), diclofenac (Voltaren) etc.
- **SELECTIVE COX-2 INHIBITORS (COXIBS):** Celebrex Celecoxib etc.
- **TOPICAL CREAMS:** many over the counter topical pain creams and gels contain these same drugs to avoid. Read the label carefully and if unsure check with the pharmacist about whether the ingredients have anti-inflammatory drugs.
- **CORTICOSTEROIDS:** hydrocortisone, prednisone, cortisone injections, etc. If you are uncertain if your medication is an anti-inflammatory, check with your pharmacist, prescribing physician or call the office.

Natural Supplements which should **not be used** before or during a course of Prolotherapy treatment.

- Do not take **FISH OILS** 5 days prior or 1 week after injections.
- Natural anti-inflammatories such as **BROMELAIN, CURCUMIN, PROTEOLYTIC ENZYMES QUERCETIN** should be avoided 5 days prior to and 1 week post any regeneration injection treatment.
- Use of **ICE IS NOT RECOMMENDED** although heat for comfort may be used 24 hours after injection.

If the pain is disturbing enough to interrupt your sleep or function and you wish to take medication, any drugs that are anti-inflammatory (NSAIDS) are contra-indicated and can interfere with the healing process initiated by the prolo injections.

Drugs which **can be used** and will decrease pain but are not NSAIDS. These will not interfere with the prolotherapy healing response:

- **ACETAMINOPHEN**
Paracetamol; Tylenol
- **TOPICAL CREAMS:** lidocaine containing creams without NSAIDS, Traumeel
- **PRESCRIPTION MEDICATION:**
Tylenol 3, with codeine; Opioid and synthetic opioids include: Demerol, Lorcet, Vicodin, Norco, Lortab, Percocet, Oxycontin 40, RMS MS Contin (morphine sulfate)

Prescription medications may have a place in the short-term relief of symptoms, if you choose. Some patients choose to take painkillers just before prolotherapy to reduce the pain from the treatment. More anxious patients have been known to make use of anti-anxiety medication such as valium, Lorazepam (ativan), clonazepam etc.

Natural Pain Relief:

- Many patients find the use of *Traumeel* homeopathic cream to be effective for post-treatment pain.
- I personally recommend to use capsaicin cream (Capzasin), to be applied sparingly 3-5 times daily for pain relief.
- Also, consider hot Epsom salt baths, and heat to the affected area to reduce discomfort.



AGE WELL DR



Prolotherapy: Pre And Post Injection Care

Naturopathic Supplementation and Supportive Treatment

During the injection phase of prolotherapy treatment, it is optimal to supply the body with the correct vitamins, minerals, and connective tissue building blocks to ensure that optimal healing can be achieved. Although natural remedies do not have the same potency for short-term pain relief, they will in the longer term be helpful for the tissue healing.

It is advised to take the following supplements to help support optimal healing:

- **GLUCOSAMINE SULFATE** (1500mg/day) and **MSM** support product
- **COLLAGEN SUPPORT NUTRIENTS:** Specifically collagen type 1 and 3.
- High potency **MULTIVITAMIN/MINERAL PREPARATION:** It's important to get adequate amounts of B vitamins, C, D, E, calcium, magnesium, zinc, chromium, selenium, and manganese
- **PROTEIN** powder (see nutritional discussion below): rice, pea or whey based formula
- Make sure you are getting 2000-5000 I.U. **VITAMIN D3** / day.

Nutritional Advice During Treatment

- Protein: Eat a high protein diet, preferably small portions 5 times a day. This will create the optimal building blocks for your body to create new collagenous tissue out of. (Grass fed and organic sources of beef/beefalo, bison, turkey, eggs, chicken, or fish. Dairy and soy are okay unless you are on a prescribed diet)
Vegetarians must make a special effort, and several types of protein powders are available in our dispensary. There are rice, whey and pea protein powders.
- Avoid all trans fats!! These are toxic/poisonous to the cells of your body, and impede healing. They are in virtually all commercial baked goods, and most processed and fast foods.
- Eat the colors of the rainbow: fruits and vegetables are going to be your best bet during the healing phase.

Exercise

Most injection protocols will be accompanied by **specific exercise prescriptions.**

IN GENERAL:

- Be as active as you can once the anesthetic agent wears off. **MOVE IT!**
- If injections were to the spine (thoracic, ribs, lumbar, pelvis) or lower extremity, avoid prolonged sitting.

Walk soon after the procedure, avoid twisting, heavy lifting, pushing/pulling, and don't push it for at least 4 days' post injection.

- After neck, upper back / ribs, and upper extremity injections go through easy range of motion and gentle stretching often in the 4 days' post injection, and avoid any vigorous activities with the arms (again, don't push it!), preferably for 1 week.
- It is important to continue with your exercise and rehabilitation program, but not to increase the intensity or duration of activity quickly while being treated.
- Exercise, and mobilization of treated areas is essential for recovery, and the continuation of core strengthening, gym work, weights, swimming, walking etc. is imperative.

Deep yoga stretching is not advisable, although moderate yoga may be beneficial.

Tai Chi and Chi Gong are of great benefit.

- Follow the 50% rule. If you do an activity that causes pain or discomfort, but when you stop the pain is not aggravated, then this activity and pain level is acceptable. If you feel no pain, but are aggravated later that day or the next day, you have done more than your body can handle so only do 50% as much as what you did to cause the aggravation. Gradually you can build up the level of strength.



AGE WELL DR



Prolotherapy: Pre And Post Injection Care



Important Side Effects that should be Noted

Before beginning prolotherapy treatments you were informed of possible risks and side effects.

IF ANY OF THE FOLLOWING SYMPTOMS ARE PRESENT FOLLOWING YOUR TREATMENT, PLEASE CONTACT ME.

- Difficulty breathing or completing a full breath. Usually, anxiety over needles can produce this and will pass quickly. However, I should be informed.
- A severe headache that is **ONLY RELIEVED** with lying down. Inform me of this.
- Anything that may seem like an infection, an angry red inflammation (as opposed to the normal swelling that may occur without redness), fever or feeling ill should be noted.

If the swelling from an infection produces red lines that emanate from the area injected, it is a serious sign and constitutes an emergency. You must go to hospital emergency as soon as possible for antibiotic treatment.

The final benefits of **Regenerative Injection Therapies** may take months. Often some persons feel a relatively quick relief of symptoms after an initial treatment albeit short lived. Although this is a good indication that the treatment was applied in the correct spots, it is not a reflection of a correction of the underlying weaknesses. Quick symptom relief is the result of a different process and does not indicate recovery.

The regeneration of damaged ligaments, tendons and joints takes time, and the subjective experience of relief and worsening of pain are not reflective of improvement or worsening of the condition. You will most likely experience great swings in symptoms, feeling better, then worse and up and down. Again, this is a normal part of the regenerative process, it is the long-term healing over months that is the goal and object of this therapy.

Even if you feel significant relief, early in the process, don't overdo your activity, you may aggravate the situation. If you do feel any concern about this, do not hesitate to contact me.

For more information about any of the services offered by Age Well Dr, give us a call at 954-324-7733 or visit our website at agewelldr.com.



AGE WELL DR

