

New Jersey Sports Medicine and Performance Center
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Prolotherapy After Care Instructions

You have received injections into ligaments or tendons surrounding a joint. The medication injected is designed to decrease pain and improve function. It does this by causing a local inflammatory reaction allowing your body to heal itself. It is NORMAL and expected to experience discomfort at the injection site for a few days. It is common after injections to have some swelling particularly when the injection has been in the extremities. This swelling usually decreases in about 5 days. You may take Tylenol or pain medications prescribed to me to decrease the pain.

Do NOT use any non-steroidal anti-inflammatory drugs such as Advil, Alleve, Motrin, or Naprosyn. Do NOT use any steroid drugs such as Prednisone. These drugs will stop the beneficial effects from the injection.

Contact the office or go to the emergency room if you experience:

1. Drainage at the injection site
2. Extreme warmth, redness, or fever
3. Extreme pain
4. Shortness of breath, hives, itching
5. Any unsuspected effects

The following suggestions are recommended to achieve optimal benefits:

1. Resume light activities such as walking, for the first 3 days after the injection. This will help decrease some of the pain and improve your range of motion at the joint. Inactivity will decrease optimal results!
2. After 4 days, resume your exercise program, and increase your walking and workout time. In general, return to your normal level of activity. Inactivity will decrease optimal results!
3. You may use ice over the injection site for the first day – up to 10 minutes at a time every hour, if needed for pain control.
4. Optimal results may be improved with appropriate nutritional support. Which should include:
 - a. Zinc 50mg/day
 - b. Vitamin C 500-1000mg/day
 - c. Cosamin DS – 3x/day
 - d. Protein intake of at least, 0.75 grams per pound of body weight
5. It takes about 3 weeks for the body to achieve about 85% of the treatment effect. In general injections are scheduled every 3-4 weeks apart to take advantage of your body's natural healing powers.
6. If you are receiving manipulation treatment by an osteopath or chiropractor, ask them to avoid forceful high velocity methods until treatment is completed. High velocity manipulation methods should be used sparingly after therapy is completed.