



After Your PRP / Prolotherapy Injection

Let the Healing Begin...

It is typical to experience soreness, aching, burning, swelling, and muscle spasms following the injection for several days, and sometimes longer than a week. This is because the injection is intended to produce irritation and inflammation in an effort to ultimately repair, strengthen, and heal the involved tissues. Occasionally, numbness in the area of the injection may be noted, which usually resolves in a short time period. There may be minor bruising at the injection site. The potential risk for infection is very low because of the use of careful technique, skin preparation, the solutions utilized, and the nature of the induced inflammation, which is a natural infection-fighter.

Avoid using anti-inflammatory medication, such as prescription Non-Steroidal Anti-inflammatories (NSAID's), Ibuprofen, Advil, Naprosyn, Alleve, aspirin, or aspirin-containing products for 4-5 days or longer after the procedure. Baby Aspirin may be taken if it is intended to prevent stroke or heart attack. These medications undermine your body's attempts to heal injured structures and will reduce the gains made from Prolotherapy injections.

You may use Tylenol, Hydrocodone, Tramadol and other pain medications, which do not contain anti-inflammatory medication.

Warm, moist heat applied using towels, baths, warm showers, or a hot (not too hot) water bottle may be helpful for muscle spasm and aches. Ice may also be used, but this tends to reduce blood flow through the tissues and may result in a slower response to the injection. Stretching throughout the day is usually helpful. There are no activity restrictions and movement is encouraged. The stress of movement helps to produce organized, normal, strong ligaments and connective tissues. Range of motion is usually improved as the joints become more stable.

Building collagen requires dietary protein, vitamins, minerals, and other nutritional supplementation. Vegetarians should ensure that they are ingesting adequate amounts of protein, possibly supplemented with whey protein, and taking B-Vitamins. Supplements such as Vitamin C, MSM, Omega-3 Oils, Glucosamine and Chondroitin are thought to be beneficial.

There may be no clear benefit, even after two or three injections. Do not get overly concerned if this is the case. The process of repairing connective tissue takes time, often 3-6 monthly treatments. PRP usually works faster but is more painful after the injection than Dextrose Prolotherapy. Alteration in the strength and type of solutions used, coupled with careful reassessment of the regions treated at each visit, will usually result in an improved outcome. Discussion with your physician will help to determine whether further treatments will likely result in resolution of your problem. Most patients have substantial pain reduction, joint strengthening, and improved function by 4-6 months.

Center for Healing And Regenerative Medicine

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