

After Injection Therapy Instructions

You have just received injections into several ligaments and tendons surrounding a joint. Some of the medication injected is designed to decrease pain for the first few hours. Prolotherapy works by causing a local inflammatory reaction that stimulates the body's normal healing process at the injection site. It is normal and expected to experience discomfort at the injection site for three-four days. It is common after injections to have some swelling, particularly when injected in the arms and legs. This swelling will usually decrease in about four to five days.

- You MAY take TYLENOL, EXTRA STRENGTH TYLENOL, ACETAMINOPHEN, or the pain medications prescribed by Dr. Berenbeim for pain control.
- Apply the LIDODERM patch every twelve hours.
- Ice may be applied for ten minutes per hour if needed.
- TAKE ALL your normal medications as directed by your physician

DO NOT USE ANY NONSTEROIDAL ANTIINFLAMMATORY DRUGS

For 5 days prior to and 5 day after injections

Such as: Aleve, Advil, Motrin, Ibuprofen, Naprosyn, Celebrex, Aspirin (unless for heart)

Do not receive steroid injections during Prolotherapy. These drugs will stop the beneficial effects of the injections.

DO NOT SMOKE or use Tobacco products

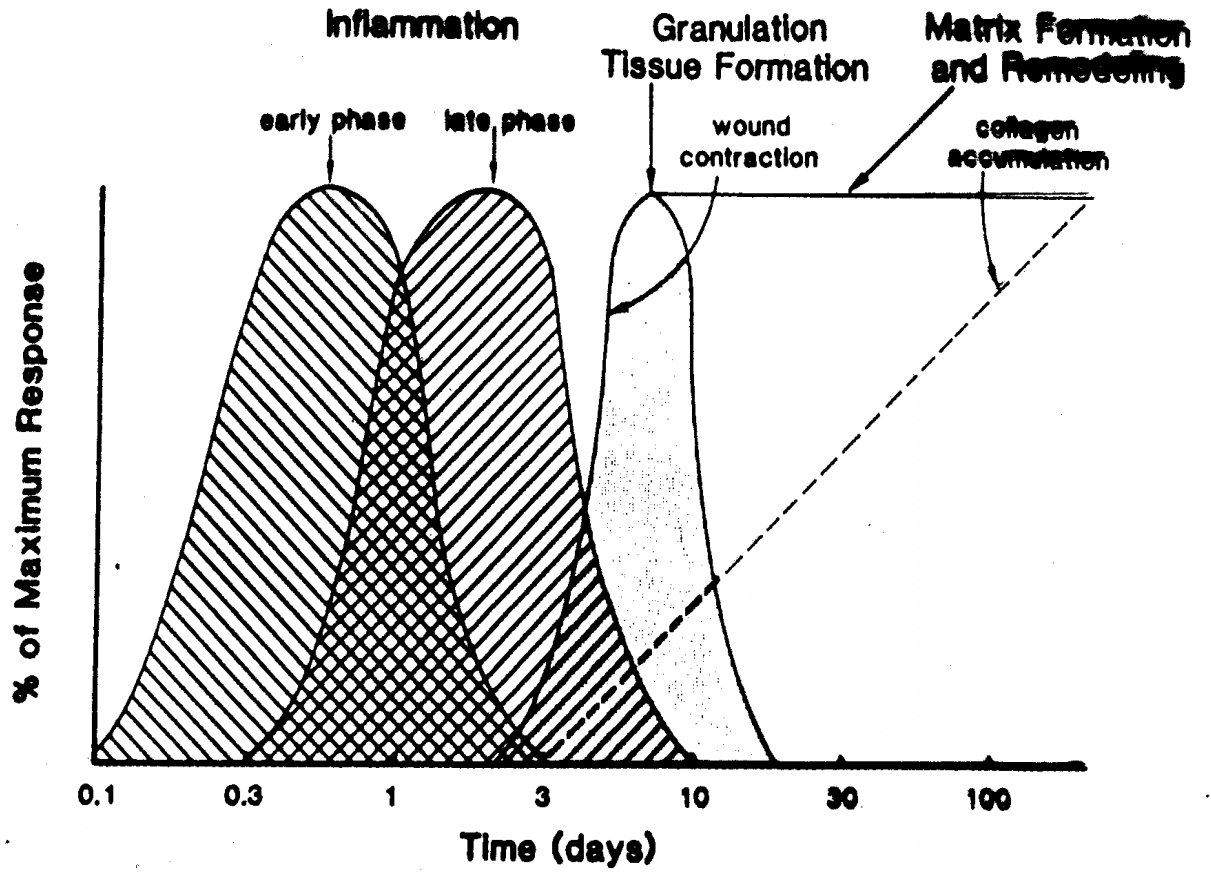
CALL THE OFFICE or go to the Emergency room if you experience any of the following symptoms:

- Drainage or heat at the injection site that may be associated with an increased body temperature.
- Severe pain at the injection site that does not decrease over several days (call)
- Cough, shortness of breath, chest pain
- Hives or itching
- Postural headache, worse standing and better lying down
- Unexpected side effects from your treatment.

To achieve the optimal benefit from the injections:

- Resume light activities such as walking for the first three days after the injections. This will help to prevent stiffness and improve range of motion. After four days, resume your exercise program to tolerance if your pain level is below 5/10. Increase your walking and workout time. Return to your normal activity as tolerated. **Avoid very strenuous** activity until your ligaments are healed, 8-12 weeks.
- You may shower, but do not soak in water for 24 hours after your injections.
- Optimal results can be improved with appropriate nutritional support, which **may** include:
 - Zinc 30-50 mg/day
 - Vitamin C 1000-2000 mg/day
 - Glucosamine Sulfate 1500 mg/day, for knees and hips
 - Adequate protein intake, 100 gr/day, may add protein bar daily
 - Calcium 600 mg/day for 7-10 day additional for women
 - Vitamin D3 4000 iu/day
 - Yokult probiotic drink 2/day

The Healing Cycle



Banks