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#### PROLOTHERAPY AFTERCARE INSTRUCTIONS:

You have undergone a unique treatment that most lay people and physicians alike will not know about or understand. Please do not rely on other people's advice but consult the physician for questions or problems. If you have prolonged pain or complications please do not hesitate to call. Please follow-up as indicated by your physician to insure proper care.

Do not take more than one aspirin a day. Do not take any anti-inflammatory drugs such as Aleve, Ibuprofen, Advil, Motrin, Celebrex, Naprosyn, DayPro, Relafen to name a few. Refrain from these drugs for 6 weeks. Also take no Medrol, Prednisone, or other corticosteroids by mouth or by injection unless absolutely necessary.

For pain take Tylenol or acetaminophen. Use ice if necessary. Do not use heat for the first 24-48 hours. Other previously prescribed muscle relaxants are also fine to take as are sleep aids.

Re Supplements: Refrain from Turmeric during treatment. Vitamin C, Bromelain, MSM, high dose digestive enzymes/ligament repair agents can be beneficial (Many brands)

On average expect 1-3 days of increased pain or soreness. You may have little pain or it may last for a few weeks. There is no way to predict. It is also common to have an initial decrease in pain and then to have return in 2 weeks which may indicate you would respond to additional treatments. Full effect of the treatment is not until 3-6 months but initial benefits usually are experienced in 4-6 weeks.

Your activity level should stay about the same as prior to treatment until about 5 weeks when you can begin to increase as tolerated. Avoid vigorous exercise which is out of your ordinary. It is possible to overdo it if your pain has decreased substantially so DON'T. Use common sense.

If you are in physical therapy tell the therapist to avoid MET and call me with questions. If you see a chiropractor, avoid forceful manipulation. Massage is OK.

Any redness, swelling, or warmth is not normal and should be reported.

Keep track of your level of discomfort and other areas that may have improved as a result of your treatment.

**FOR THOSE HAVING THEIR NECK TREATED, PLEASE HAVE SOMEONE ELSE DRIVE YOU BECAUSE YOU MAY EXPERIENCE LIGHTEADNESS, A SENSATION OF A LOSS OF BALANCE, AND DIZZINESS.**