



Prolotherapy & PRP Instructions Post Treatment:

DO

- Use heat, as needed
- Movement
- Moderate Activity
- Medication as needed, such as Tylenol or prescription medications from the clinic

DON'T

- Use cold
- Inactivity
- Anti-inflammatory medications, such as:
Motrin
Advil
Ibuprofen
Mobic
Aspirin
Naproxen
Aleve
Celebrex

Ensure you are active and moving after your appointment. This increases circulation and promotes healing.

Modest exercise is recommended. 30 minutes a day will optimize the healing system. We do not exercise-restrict but recommend decreasing intensity and duration for approximately 2-5 days.

For weight training, decrease usual weight by 50% and go up on the reps when using the affected body part. As pain resolves, slowly increase weight.

WHAT TO EXPECT:

Discomfort/Significant Soreness for approximately 2-5 days
Bruising from the injections
Fluctuating course of good and bad days
Average regimen is 3-6 sessions/appointments

CALL 918-935-3636 for any questions or concerns.