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## **Preparing for your first Prolotherapy Procedure:**

Prolotherapy is extremely effective for most causes of musculoskeletal pain. We are injecting a proliferant solution into the weakened areas which stimulates the immune system to begin healing itself. The following recommendations are to maximize the benefits of the procedure as well as help you to be as comfortable as possible during the procedure.

- 1) Do not take any anti-inflammatory medications for 3 days prior to your procedure or any after your procedure.
- 2) Eat healthy meals. I recommend the Paleo Diet. See my website for more information.
- 3) Arrive to the clinic 45-60 minutes early if you would like to have the topical anesthetic cream applied prior to your procedure.
- 4) Take your pre-procedure medications 1 hour prior to your scheduled procedure time.
- 5) Make sure you have a driver who can take you home after your appointment.
- 6) Take your pain medications as prescribed and as needed after your procedure.
- 7) Ensure you are active and moving after your appointment. This increases the circulation and can help the healing.
- 8) Do not do painful or other activities that you know will strain the ligaments/tendons. These areas are weak and need time to strengthen. Gradually re-introduce
  - a. Exercise: 30 minutes per day of modest exercise (resulting in light sweating) will optimize the function of the maintenance healing system. We do not exercise-restrict during treatment in the vast majority of cases.
  - b. Weight training: If you are in consistent training and we are treating a damaged structure, you should drop to about 40% of your usual weight and go up on the reps when using this structure. As the pain resolves at one weight during treatment, slowly increase, keeping below the pain threshold. Once you are at full resistance, pain free, you will be released from treatment.
- 9) You may use ice for up to 48 hours after the procedure for comfort only. Icing is NOT part of the treatment. My preference is for heat to be applied to the affected area but some patients do benefit from ice on a short term basis only.
- 10) Call us if you have any concerns or issues.

Most patients tolerate the procedure very well but you may have some discomfort. Some patients have significant soreness afterwards. This can last for several days but typically lasts from 2-5 days. The 'recovery' is a process that lasts weeks while the tissues are healing and getting stronger. You will likely have a fluctuating course where you have good days and bad days but this will get better and better over time.