

PRP & Prolotherapy Treatment Timeline

1. **7 DAYS BEFORE:** Try and lighten your schedule for 1 day after treatment. Please arrange for a driver.
2. **7 DAYS BEFORE:** No anti-inflammatories (Aleve, Advil, Aspirin, Celebrex, Diclofenac, Ibuprofen, Naproxen, Voltaren). **TYLENOL IS OK!**
3. **7 DAYS BEFORE:** Buy the prescribed painkillers.
 - **TENDONS or LIGAMENTS** - almost everyone will need many doses of Codeine or Percocet.
 - **JOINTS** - almost no-one will need a painkiller; and some even feel better very quickly.
4. **1 HOUR BEFORE:**
 - **TENDONS or LIGAMENTS** - If you have a driver, take a painkiller. If you do not, wait until you are home.
 - **JOINTS** - almost no one needs a painkiller.
5. **FIRST 24 HRS AFTER:** Use a non anti-inflammatory painkiller like Tylenol, Codeine, T3, or Percocet.
6. **FIRST 24 HRS AFTER:** Apply ice if you wish (or heat if you prefer). 10 mins on then 20 minutes off.
7. **FIRST 24 HRS AFTER:** Showering is fine, but avoid soaking in water like baths, pools, or hot tubs.
8. **FIRST 3 DAYS AFTER:** Monitor pain, warmth and swelling. If concerned, call us.
 - **TENDONS or LIGAMENTS** - Most will have increasing pain for 24 hours, reducing slowly afterwards.
 - **JOINTS** - most will have only mildly increasing pain for 24 hours, but many feel just fine.
9. **FIRST 7 DAYS AFTER:** Movement is a stimulus for strengthening, but not too much
 - **TENDONS or LIGAMENTS** - Immobilize the area for 1 hour. Then very gentle stretching for 3-5 days.
 - **JOINTS - NOT ALLOWED:** No jarring / bouncing movements for 7 days. No running, jumping, or Boot Camp
ALLOWED: Stationary cycling, elliptical machines, and swimming. Please reduce intensity by 50%

Infection may occur, but is rare. Watch for heat, redness and swelling that doesn't feel right to you.

If this happens, you must be seen by a doctor within 24 hours. See us, your doctor, Urgent Care / ER.

Treatment Plan For PRP / Prolotherapy

If needed, use these painkillers after: Tylenol T3 Codeine Percocet

No Anti-inflammatories such as Aleve, Advil, Aspirin, Celebrex, Diclofenac, Ibuprofen, Naproxen, Voltaren

Treatment #1 _____ \$ _____

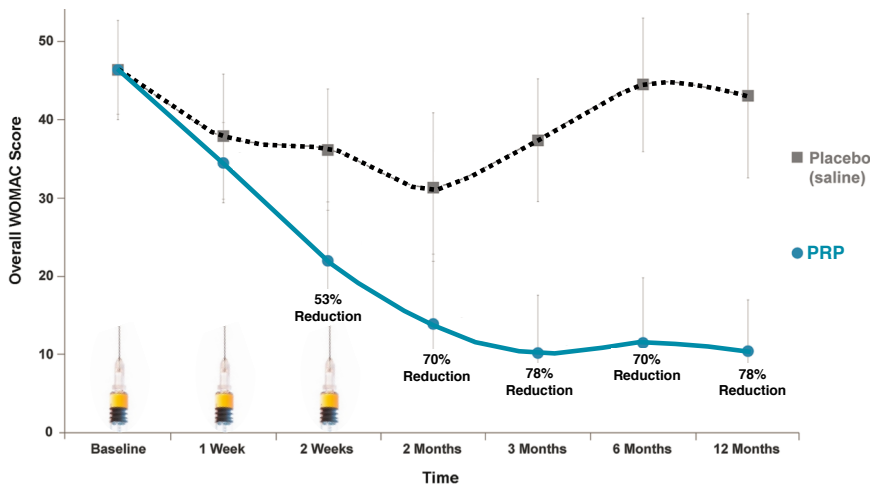
Return to therapy 3 7 10 14 days after treatment.

Treatment #2 _____ \$ _____

Return to therapy 3 7 10 14 days after treatment.

Treatment #3 _____ \$ _____

Return to therapy 3 7 10 14 days after treatment.



SPORTS MEDICINE ULTRASOUND

