

San Diego Center for Integrative Medicine

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Post PRP and Prolotherapy Treatment Care

1. Ice- use for 20 minutes while awake if desired.
2. Take Tylenol and whatever pain medicine the doctor gives you for pain. Do not take Motrin or anti-inflammatory. Remember, we are creating inflammation.
3. You may have increased pain 2 hours after treatment and it may last for 2 days. The pain will feel like a sprain of the joint or as if it is bruised.
4. Report any hives, shortness of breath, severe headache or other adverse reactions. Loss of pulse, pallor, blueing of limbs or severe pain in an extremity requires immediate attention.
5. We suggest light activity after the injections to disperse the PRP throughout the tissues. This seems to decrease the amount and duration of pain from the injections.
6. No excessive activity in the hours after injection. Avoid the temptation to overdo it because the numbness is still in effect. Rest. No heavy lifting. No strenuous physical activity for 1 week after the injection.
7. Make follow-up appointment in 6 weeks.
8. Healing cascade starts with the platelets that we have injected releasing the growth factors over 1 week. Then the white cells enter the area and clean up any debris over the next week. During weeks 3 and 4, the stem cells enter the area and start to heal and repair the damaged ligaments and tendons. Therefore, you may not see improvement until after 4 weeks. The healing continues for 12- 18 months.
9. Call the office with problems.
10. Smokers do not heal well and problems recur earlier. Please stop smoking.
11. Maintain good nutrition and good hydration.