



AFTER-CARE INSTRUCTIONS FOR PROLOTECH PATIENTS

Patients should read and follow these instructions in order to ensure an optimal response to treatment. Your ProloTECH physician will be available to you by phone, text, or e-mail to answer any questions that you have during the recovery process.

1. MEDICATIONS, DIET, SUPPLEMENTS, ALCOHOL, AND TOBACCO

Please refer to your pre-treatment instructions for more details. You should continue to avoid anti-inflammatory medications for two months. Diet should be high in protein. Continue with a collagen supplement for one month. For best results, eliminate gluten, sugar, and dairy for one month. Abstain from alcohol and tobacco. Vitamins, minerals, and other supplements can enhance the healing process and your proloTECH physician can advise you further on this.

2. PAIN & POST-INJECTION FLARE

Regenerative injection therapy stimulates a localized inflammatory process that facilitates healing and the synthesis of new tissue. Pain associated with the initial flare can be moderate to severe for some patients. The treatment pain is usually worst the day after treatment and gradually resolves in 2-3 days. In some cases the post-injection flare may last for up to a week but it rarely persists longer than that. Pain should gradually improve. If your pain continues to worsen beyond the first two days, or if you are still in significant pain after a week, be sure to inform your ProloTECH physician. Some initial stiffness is normal.

3. MONITORING FOR INFECTION

Mild redness, warmth, and swelling may be seen in the first 24 hours in association with the post-injection flare. Significant redness or warmth after the first 24 hours is concerning for infection. Pain that is increasing instead of decreasing is atypical and should not be ignored. A fever is abnormal and requires immediate attention. If you experience any of these symptoms, be sure to notify your ProloTECH physician immediately, or seek attention in the nearest Emergency Department.

4. ACTIVITY RESTRICTIONS AND PROGRESSION OVER TIME

FIRST HOUR: Try to avoid any unnecessary movement of the joint that was treated in order to allow cells to settle and attach to the injured tissues

DAY 1-3: No swimming or bathing in a tub. Showering is OK, but not within the first 12 hours. Continue to limit use of the joint as much as possible. Absolutely no strenuous activity, exercise, or sports. For knee treatments, minimize weight-bearing and use crutches if possible.

DAY 4-14: You may resume normal daily activities. For knee treatments, limit walking to less than an hour per day. Continue to avoid repetitive or strenuous activity, exercise, and sports that involve the joint that was treated.

WEEK 3-6: Continue to avoid activities that place a strain on the joint that was treated. There is no limit on gentle, repetitive use of the joint. Stiffness after treatment and activity restrictions is to be expected. You may now start gentle range of motion exercises to alleviate stiffness, but avoid aggressive stretching. Light exercise is OK but should be limited and advanced only as tolerated. If any activity causes even mild pain in the joint that was treated, you should stop immediately and rest for a few more days. If you are working with a physical therapist or personal trainer, they can begin working with you again during this period. If possible, have your therapist or trainer communicate with your ProloTECH physician.

WEEK 6 AND BEYOND: Gradually increase all activities, exercise, and sports. Do not try to resume 100% of your pre-treatment activity level. Go slowly. Start at about 40% of your targeted level of activity and performance, and gradually increase until you reach your goals. If you experience pain in the joint that was treated, back up to a comfortable level of activity and do not progress until the joint can tolerate the activity without pain.

5. REPEAT TREATMENTS AFTER PARTIAL IMPROVEMENT

Patients can often benefit from a series of treatments, improving a little more after each session. If you do not reach 100% of your desired level of activity and performance, a second treatment may be of benefit. A subsequent injection can be done 6-8 weeks after the initial treatment. A single injection is often enough with PRP and stem cell therapies. Prolotherapy usually requires at least three treatments to achieve a significant improvement. Prolotherapy can also be used as maintenance after recovery.

6. NON-RESPONSE TO TREATMENT

Unfortunately some patients will notice little or no improvement after regenerative injection therapy. If a patient wants to try again, more advanced therapies may be considered after 8 weeks.