

PROLOTHERAPY & PRP INJECTIONS INSTRUCTIONS BEFORE & AFTER TREATMENT

1. How to prepare for your injection procedure:

- **Do NOT take Naproxen (Aleve), Aspirin, or Ibuprofen for at least 2 days before the procedure.**
- **Stop** taking fish oil, vitamin E, or any anti-inflammatory supplement one week before the procedure.
- **You may take** Tylenol, Tramadol, Vicodin, Norco, Percocet, or anything natural but do not take any medication mentioned on the day of the procedure. You may be able to take something after you have checked into your appointment.

2. On the day of your injection:

- Arrange for a driver if this is your first injection visit with Dr. Nourani.
- Wear comfortable clothing.
- **HYDRATE AND EAT BEFORE YOUR APPOINTMENT.**

3. What does the injection feel like and what should you expect:

- Injections performed by Dr. Nourani often include ultrasound imaging. The ultrasound allows for injections to be more precise. With the ultrasound visualization, Dr. Nourani addresses what is most critical for the patient on the day of the injection. Sometimes, the ultrasound allows Dr. Nourani to see and inject a torn ligament or tendon (for example with a rotator cuff tear). At other times, Dr. Nourani must inject a bone spur or scar tissue. The target tissue injected and the solution used both affect the post treatment sensations. Dr. Nourani always offers each patient a healthy dose of local anesthesia during the injection; however, this local anesthesia may not prevent the shocking type of pain that occurs for only seconds after a lesion or scar tissue is injected.
- Sometimes injections can cause bruising for days or even a few weeks afterwards. Warm water and gentle motion followed by ice packs for inflammation can reduce the swelling and bruising that may occur during or directly after the injections.

4. What to do after the injections:

- To relieve pain, you may:
 - Ice the area for 10 minutes up to three times daily.
 - Take up to Tylenol (acetaminophen) 500-650 mg every 4 to 6 hours.
- **Avoid anti-inflammatory medicines such as Advil, ibuprofen and Motrin.** These will diminish the therapeutic effects of the prolotherapy injections.

Bobby Nourani, DO, FAAO

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- For most patients, following a healthy diet with plenty of protein, along with adequate rest is the key to recovery. Quite often, patients make the mistake of exercising too aggressively after the injections and end up slowing down or even impeding the healing process and collagen remodeling. Dr. Nourani recommends **spending at least 2 days resting the injected body part**, treating it as if it had been acutely sprained. For the next 2-3 weeks, patients should be careful about aggressive or long sports activities, even hiking and yoga.
- You may continue to take showers. To limit infection risks, no baths, pools, or standing water for the first 48 hours.
- **Avoid dairy (especially cheese) for several weeks. Avoid alcohol for one week. Increase your Vitamin C intake.**
- Many patients benefit from physical therapy, massage, acupuncture, chiropractic care, yoga, osteopathic manipulative treatment (OMT) a few days after the procedure. Please discuss your plans with Dr. Nourani during or before the injections so that he and his staff can handle your concerns.

5. Is this normal or should I contact Dr. Nourani:

- The pain after injection can be as painful as a surgical procedure and will typically last a couple of days. As with most medical procedures, there can be side effects or complications.
- **Contact Dr. Nourani if you experience any of the following:**
 - Fever, chills, nausea, or shortness of breath.
 - Pain with a deep breath that is increasing.
 - Head pain when sitting that goes away when lying down.
 - Prolonged swelling, redness, and warmth plus pain that continues to get worse.

Contact via phone or text at (562) 546-2811, or admin@drnourani.com.

If unable to reach Dr. Nourani and experiencing extreme allergic reaction or heart palpitations, please call 911 or report to the nearest Emergency Department.

6. For Best Results:

- a. Increase intake of vitamin C, protein, and collagen.
- b. Avoid nicotine products.
- c. Eat healthy foods.
- d. Do gentle activities such as stretching and walking for the first 48 hours.
- e. Thereafter, limit strenuous physical activity based on soreness. A good rule of thumb: if you feel pain, please stop the painful activity. Do not overexert yourself with heavy lifting or vigorous exercise, as it is possible to re-injure yourself with too much activity.

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