



THE
MOBILE HEALTH DOC
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Regenerative Medicine: Prolotherapy & PRP Injections

Prolotherapy stabilizes and strengthens joints by stimulating the natural repair of tendons and/or ligaments. A mild irritant solution is injected to trigger a mild inflammation that re-initiates the body's repair processes. Prolotherapy is a great option for slow-healing injuries or those that never healed properly, such as whiplash, rotator cuff or labral tears, Tennis/Golfer's elbow, bursitis, low back pain, SI joint dysfunction, knee injuries (ACL, MCL, LCL, meniscus), ankle sprains, plantar fasciitis, or any ligamentous laxity. Prolotherapy treatments are typically given once monthly for a total of 4-6 treatments.

Platelet-Rich Plasma (PRP) utilizes the body's own concentrated healing factors to repair injured or damaged tissue. This process involves extracting the platelets and growth factors from the patient's blood, then re-injecting into the site of injury. This therapy is effective for many conditions such as osteoarthritis, degenerative joint disease, low back pain and/or sciatica, muscle strains, and various acute or chronic tendon and ligament injuries. PRP treatments are typically given once every 8-12 weeks for a total of 2-3 treatments.

Pre-Procedure Instructions

- Do not use any prescription or over the counter anti-inflammatory medications (NSAIDs) such as Aspirin, Motrin, Advil, Ibuprofen, Aleve, Naprosyn, Naproxen, Voltaren, Diclofenac, Meloxicam, Mobic, Celebrex, Daypro, Feldene, Lodine, Orudis and Ansaid at least 5 days prior to the procedure. We also advise discontinuing the following nutritional supplementation during this time as it may interfere with platelet production: fish oil and/or omega-3s, proteolytic enzymes, bromelain, curcumin, quercetin. Prednisone or any other oral or inhaled corticosteroid medications must be discontinued for at least 3 weeks prior.
- Maintain an anti-inflammatory diet (see additional handout for details) at least 2 weeks prior to your procedure. Sugar, processed foods, and alcohol should be avoided. This is especially important for PRP as it will help ensure a better yield of platelets and growth factors.
- The following supplementation is also recommended 2 weeks prior to optimize your results:
 - Vital Proteins Collagen Peptides - 2 scoops in water or shake/smoothie once daily.
 - Xymogen Collagen Tendon & Ligament - 2 capsules once daily.
 - Ortho Molecular Collagen Factors - 2 capsules twice daily, with food.
 - Enzyme Science Stem XCell Pro - 2 capsules once daily.

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Post-Procedure Instructions

- Do not use any prescription or over the counter anti-inflammatory medications (NSAIDs) or specific supplementation listed above for 7 days after your procedure. Prednisone or any other oral or inhaled corticosteroid medications must be discontinued for at least 4 weeks after. Ideally, we recommend avoiding the use of these medications for 8-12 weeks.
- Continue an anti-inflammatory diet and recommended supplementation for at least 3 weeks after your procedure, but ideally 8-12 weeks to help optimize healing.
- You may experience some localized swelling and bruising at the injection site that can take 3-7 days to resolve. Some patients experience a post-injection flare due to the immune system hyper-stimulation. This can be very painful for the first 24-48 hours after the injection. If you start getting very sore and need pain relief, Tylenol/acetaminophen may be used but continue to avoid all other medications listed above.
- PLEASE DO NOT APPLY ICE FOR THE FIRST 72 HOURS AFTER YOUR PROCEDURE. Heat may be used for pain relief if necessary. After 72 hours, you may apply cold compresses or ice to the injection site for 20 minutes every 2-3 hours as needed.
- Keep the injection site clean and dry at least 12 hours after your procedure. You may shower at any time, but please avoid pools/hot tubs for 48 hours.
- Keep moving! Simple range of motion movements (walking, gentle stretching, etc.) are highly encouraged, starting the day of your procedure. There is no need to wrap/brace the joint unless otherwise specified. Your physician may use kinesiotaping if indicated to help promote better alignment and stabilization of the joint while healing.
- Refrain from rigorous activities (heavy lifting, twisting, pulling/pushing) and deep stretching involving the injection site for 1 week following the procedure. You may gradually increase your activities back to normal over the course of the next few weeks. Please ask your physician at the time of injection about any particular activities/sports you would like to return to and he/she can discuss the ideal time-table for return.
- IF ANY OF THE FOLLOWING SYMPTOMS ARE PRESENT FOLLOWING YOUR PROCEDURE, PLEASE CONTACT OUR OFFICE OR GO TO THE EMERGENCY ROOM:
 - Difficulty breathing or completing a full breath.
 - A severe headache that is ONLY RELIEVED with lying down.
 - Anything that may seem like an infection—severe redness and/or streaking (as opposed to normal swelling that may occur), significant warmth to touch at injection site, or fever.