



Santa Fe Soul Center For Optimal Health
2905 Rodeo Park Drive East Bldg 3
Santa Fe, NM 87505
505-986-1089

What to do: Before and After the Prolozone Procedure

BEFORE: A few days before having the treatment (for best results*):

1. AVOID the use of NSAIDS (ibuprofen, Motrin, Aleve, Naproxen, Aspirin, etc.) 3-5 days before procedure (Tylenol is OK for pain relief right up to and including the day of procedure – do not exceed 4000mg in a 24 hour period).
 2. AVOID the Systemic use of corticosteroids for 1 week before the procedure.
 3. HYDRATE
 4. OPTIONAL: Prepare to treat any bruising with Topical Arnica and/or Vitamin K cream to facilitate clearing.
- *Please note: Most patients get excellent results regardless.

DURING: The day of the procedure:

1. All paperwork will be completed
 - a. Personal Medical History
 - b. Symptom Questionnaires
 - c. Informed Consent Form
2. Prolozone solution is injected into the affected area followed by ozone.
3. CAUTION: Worsening of pain may follow injection and can last for a few hours or a few days. This a good sign! The healing affect continues for at least 7 days with each treatment.
4. Follow Up appointment is scheduled for 7-10 days after the procedure.

AFTER: The week(s) after the procedure (for best results):

1. CAUTION: Worsening of pain may follow injection and can last for several days. Although a “flare” does not always occur, when it does, it is considered a normal reaction. Please take Tylenol as directed and contact the office should the pain last for more than 48 hours.
2. AVOID the use of NSAIDS (ibuprofen, Motrin, Aleve, Naproxen, Aspirin, etc.) 3-7 days after procedure (Tylenol is OK for pain relief – do not exceed 4000mg in a 24 hour period).
3. EAT a healthy diet and HYDRATE very well – at least 64 ounces of clean fresh water.
4. Apply Ice to the procedure site for if feeling discomfort for 10 minutes.
5. AVOID touching, pressing and manipulating the injection site for at least 8 hours after the injection.
6. AVOID excessive activity that may aggravate the treated are for 2 weeks.