



34020 WEST 7 MILE ROAD, SUITE 101, LIVONIA, MICHIGAN 48152

T) 248-516-5016, F) 248-517-5017

### **TODAY'S PROCEDURE: Prolotherapy Injection**

- You have received a Prolotherapy Injection. This is a natural injection to help you heal.
- Keep the injection site clean.
- Avoid taking any anti-inflammatory medications as the inflammation induced by prolotherapy is necessary step in the healing process.
- ***It may take a few weeks to start noticing effects, it depends on your body's and injection site healing processes. Your diet, sleep, and exposure to toxins is going to enhance or worsen your healing processes so do your best to maintain good nutrition, adequate sleep, vitamins and supplementation, and refrain from smoking, vaping, drugs, and limit alcohol consumptions while healing from prolotherapy.***
- You may experience pain or soreness at the site of the injection. You may apply a cold or heating pack 10 minutes at a time, 4-5 times a day for 4 days.
- A very small percentage of patients may experience an increase in their usual pain for two or three days following the procedure. If this increase in pain persists past three days, please contact our office.
- If you experience any swelling, redness, bleeding or discharge from the site of the injection or If you have a fever greater than 100 degrees Fahrenheit. Please contact our office or present to the nearest emergency room.
- You can resume regular activities within 24 hours, but refrain from heavy sports for 2-3 weeks from injection date.



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**PAIN DIARY**

Dear Patient,

In effort to better assess your pain after you go home, please use this "**Diary**" to record your pain score. This is the best way for your doctor to evaluate how effective your pain management was. **Please BRING this diary with you to your next appointment.**

DATE	TIME	RATE YOUR PAIN ON A SCALE OF 0-10
Before Procedure		
After Procedure		
2 Hours After Procedure		
4 Hours After Procedure		
6 Hours After Procedure		
8 Hours After Procedure		
Next Day After Procedure		
Second Day After Procedure		
Third Day After Procedure		
Fourth Day After Procedure		