



Post Treatment Guidelines

Regenerative Injection Therapy (RIT) Post Treatment Guidelines for Prolotherapy, PRP, and Stem Cell Therapies:

1. After injection you may have increased or worsening pain for a few days. This is a normal response and this will subside.
2. You may experience soreness at the injection site. This will subside within 48 hours. Please observe for any signs/sensation of heat, redness, or swelling at the injection site and notify your doctor if persists for more than two days.
3. For pain, you may take Thorne AR-Encap , Phytoprofen, and/or apply Pekana Inflammatory ointment, as directed by Dr. Davison. DO NOT take any NSAIDs ie: Advil, Ibuprofen, Aspirin, Aleve, or Naproxen. Tylenol/ Acetaminophen may be taken as an alternative to these meds for extreme pain.
4. Do not apply ice packs to treated area.
After treatment, heat is preferred. If the pain is more substantial, hot & cold contrast therapy may be used. To do this, apply a warm compress or heating pad for 3 minutes followed by an ice pack for 1 minute. Alternate 3 times. This may be repeated up to 3 times per 24 hours.
5. Do not swim or hot tub for 36 hours after injection to prevent heat related reaction or infection.
6. Rest the area treated. For the first 1-3 days after treatment walking and gentle range of motion is encouraged. When you are ready to engage in general range of motion exercises– increase as tolerated. If it hurts– stop the activity.
Following treatment these exercises are permitted: Stationary bike or Elliptical Trainer, Walking, Swimming, Integrated Qi Gong/CoreCentric Movement Practice.
It is HIGHLY RECOMMENDED not to perform any of the activity that created the problem. Extreme sports, heavy lifting, or weight bearing activity for at least 3 weeks or as instructed by Dr. Davison.
Dr. Davison has created a special joint and ligament rehabilitation system found on the DVD, “Integrated QiGong for Lower Back Pain.” This has all of the movements for most areas treated with RIT. Dr. Davison will instruct you as to which section of the DVD to follow subsequent to your treatment.

Please call or email if you have any questions or concerns.

Office: 808-575-2328 DrDavison@MauiRegenerativeMedicine.com