

## **Regenerative Injection Therapy Post Treatment Guidelines Prolotherapy, PRP, and Stem Cell**

Regenerative injection therapy (RIT) offers tendons, ligaments, and cartilage the opportunity to repair and regenerate themselves. RIT is a non-surgical alternative recommended when loss of ligament integrity has caused the adjoining structures to be unstable. We advise that you read about RIT on our website [www.mauiregenerativemedicine.com](http://www.mauiregenerativemedicine.com).

Below are important facts and instructions about your RIT (Prolotherapy, PRP, or Stem Cell) procedure.

### **Pre- Treatment:**

1. Do not eat a fatty meal before your treatment, but make sure you have something in your stomach.
1. Do not take any opiate pain medications 10 days before treatment.
2. If this is your first RIT treatment you may want to consider bringing a driver. Some patients may react to local anesthetics and feel slightly light headed temporarily post treatment.

### **Post- Treatment**

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 min followed by an ice pack for 1 min. 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 Qi Gong 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**