

Pre-Injection Guidelines

To make injection treatment as effective as possible- and to help keep you as comfortable as possible, please follow these pre-treatment guidelines:

1. **Avoid Anti-inflammatory medications** such as Motrin, Advil, Aleve, Aspirin, etc. **At least 24 hours prior** to your appointment.
2. Take your usual medications (other than anti-inflammatory) as per your usual schedule prior to your appointment
3. **Wear loose and comfortable clothing.** Bringshorts, tanktop or halter top if being injected around the hips or neck and shoulder regions.

Post-Injection Guidelines

Note: It is not uncommon to experience swelling and discomfort at the injection site for 2-4 days following the treatment. This is normal and should be expected. An inflammatory response is necessary to promote healing.

Call our office if

- You have a **temperature greater than 101° Fahrenheit.**
 - You have **bleeding and/or signs of infection** (spreading redness and/or purulent discharge and swelling greater than 5 days).
 - You have **concerns** about an abnormal reaction to the treatment.
 - You have **excessive pain lasting beyond 5 days.**
 - You have **Shortness of breath.**
 - You have **Persistent chest pain.**
 - You have **Unusual, severe headache and/or dizziness.**
1. **Do not use anti-inflammatory medications or ice for 5 days** after treatment. - Unless you have been specifically instructed to do so. (This includes Aspirin, Advil, Motrin, Aleve, etc.). Tylenol (**acetaminophen**) is an exception and is okay to use but should not be used unless cleared with a physician.
 2. **You may use moist heat - warm compress or a heating pad- in conjunction with gentle stretching or massage.** Using heat without moderate movement can actually increase the pain. Apply moist heat for **only 10-15 minutes at a time.** If necessary to repeat, wait 45 minutes before applying heat again.
 3. **Keep well hydrated.** This will help to keep you more comfortable and allows your body to function more efficiently.
 4. **Avoid repetitive motion and impact sports for the first 4 days after your treatment.** Light exercises- especially **walking and gentle stretches are encouraged** on a daily basis. However, do not overdo it; let your body dictate how much you can do. **Do not push past pain and do not overstretch.**
 5. **It is very important that you follow-up as directed** so that we can monitor your progress. Be patient with yourself. Healing, especially for chronic conditions, happens *over* time, not overnight.