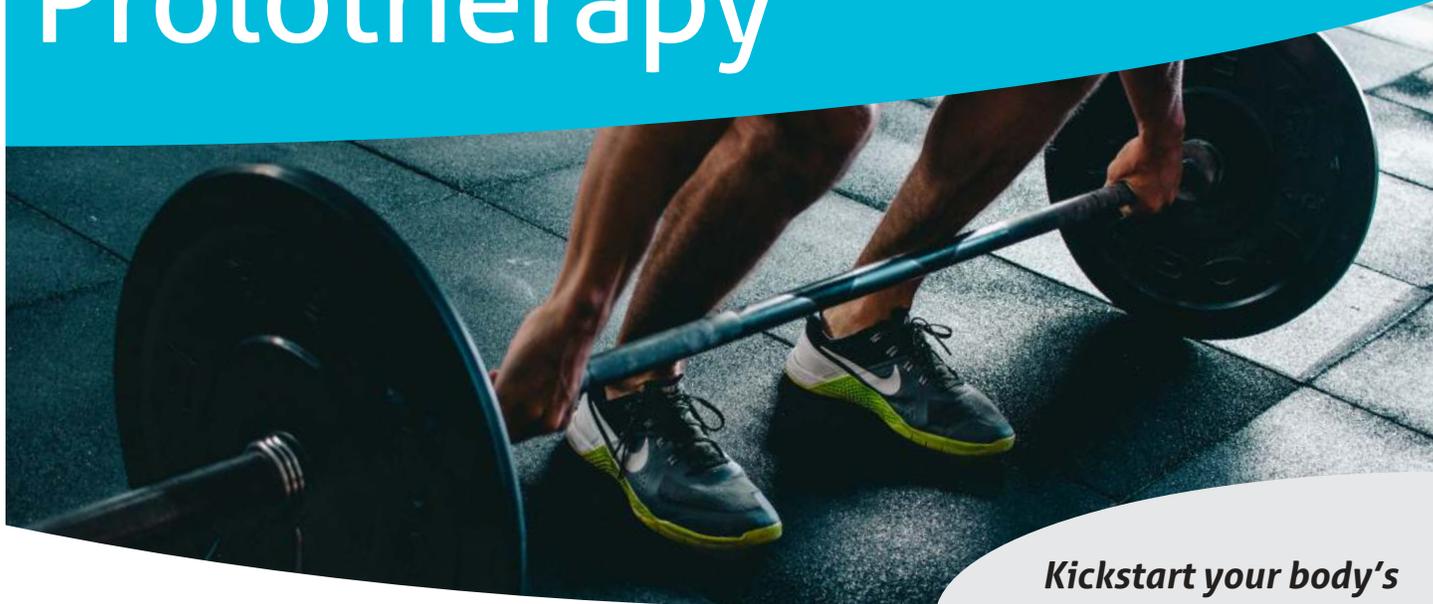


Prolotherapy



***Kickstart your body's
ability to recover
with Prolotherapy!***

Prolotherapy is a type of injection that is designed to restart a controlled and beneficial inflammatory process around your problem area.

It brings inflammation to an area which gives the tissue the nutrition it needs to recover differently and more efficiently than before. Prolotherapy relies on the body's ability to heal and grow so like a haircut, it can take a few weeks to see results and sometimes it needs repetition to keep the momentum of growth going to full repair.

What to Expect from Your Injection

After a prolotherapy injection, you should expect to have soreness around the injection site. This is not only expected, but essential for the injury to start healing in a new and better way.

Pain blocking medicine is also a component of your injection. This will help temper some of the pain during and after the injection. The effects of the pain block will only be temporary, and does not indicate a failed block.

If you would like the discomfort to decrease in-between appointments, over-the-counter options like Tylenol® instead of anti-inflammatory medications are helpful

to control the pain without affecting the outcome. Additionally, a heating pad over the site can also help the pain. Unless the pain is intolerable, avoid using ice as it can slow the repair.

Here at Wellward, we incorporate a specialized system for further facilitating the effects of prolotherapy and decreasing your pain as the tissue heals. Our proprietary combination of acupuncture with our MLS Laser system has proven to be extremely effective in controlling your pain symptoms and boosting the effects of the prolotherapy. This process is standard for all of our patients after their injection. Please make sure this is scheduled after your appointment.

wellward

Regenerative Medicine

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Aftercare Following Your Prolotherapy Injection

Your provider has taken the utmost care to ensure the diagnostic and therapeutic process has been optimized. After your injection, what you do for your body can maximize the benefit for your healing and pain relief.



What to do: first week

After your injection you will need to rest and recover from the early effects of the injection. This is a planned time to decrease the activity through the injected tissue. Your provider may have recommended a protective bracing for a short period to ensure optimized healing. Please wear the protective items as directed. Though you will be decreasing the amount of activity, we recommend that you have 1–2 sessions of acupuncture with the MLS laser system to further aid with pain and to optimize the recovery of the tissue. We also recommend starting a healthy diet and taking collagen supplements to maintain and improve the integrity of your joints and other tissue.

What to do: weeks 2–6

After the first week we recommend increasing physical activity with guidance from a physical therapist. Our staff will be in close contact with the practitioner of your choice so that the tissue can be stressed just enough to encourage the newly forming tissue to be pliable and resilient. Additionally, we recommend continued acupuncture with the laser system if you are within close proximity to the Wellward office. We recommend 1-2 MLS Laser Therapy sessions at this time as well to help promote additional tissue recovery.

What to do: weeks 6 to 3 months

Continue to eat healthy and take collagen supplements.

Your decision to take control of your health was a big step in the right direction. We are grateful that you have trusted us to help you on this journey. Please do not hesitate to reach out to our staff if you have any questions about your care or if you think a friend or family member may benefit from prolotherapy.



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