PRP | Prolotherapy *Injection Treatment Aftercare*

Healing through targeted inflammation — Prolotherapy and PRP work by stimulating the body's own repair response, encouraging inflammation rather than suppressing it to restore strength, stability, and function.

How It Works

Prolotherapy and PRP are regenerative injection therapies that heal by inducing a controlled inflammatory response, recruiting growth factors, immune cells, and repair proteins to rebuild damaged connective tissue. Because these treatments *rely* on inflammation as their mechanism, suppressing it with anti-inflammatory agents directly undermines outcomes. **Following this aftercare guide is essential to maximizing results.**

First Week of Treatment

AVOID the following:

- Ice applications to the treated area
- Anti-inflammatory pain relievers: Ibuprofen (Advil), Naproxen (Aleve), Aspirin
- Fish oils — anti-inflammatory and will interfere with healing
- Moderate to intense exercise — healing ligaments and tendons are temporarily vulnerable; heavy exercise increases injury risk

OPTIONAL — if aching is intolerable:

- Acetaminophen (Tylenol) 500mg, up to 3–5 times per day as needed

ENCOURAGED:

- Light to moderate movement increases blood flow, prevents stiffness, and improves treatment efficacy

Connective Tissue Healing Supplements

These supplements support collagen synthesis, tissue repair, and optimal healing response throughout your treatment course:

SUPPLEMENT	DOSE
Multi-Vitamin MITOCORE	2 capsules morning, 2 at lunch
MinRex Multi-Mineral	4 per day — best before bed
Vitamin C with Bioflavonoids	1,000mg 3–4×/day (maintenance: 500mg 2×/day)
Collagen Factors	2 capsules daily
Collagen Protein	1–2 scoops per day
Glucosamine Sulfate	3,000mg per day
Omega 3 Fish Oil	2 capsules/day (after day 5 post-treatment)

† With excessive scar tissue present, add: Modified Citrus Pectin 10g at night before bed

What You May Experience

Injection sites will typically be sore, achy, or tender for several days following treatment — this is the inflammatory healing response working as intended:

- Localized soreness, warmth, or mild swelling at injection sites (days 1–3)
- Temporary increase in discomfort before improvement begins
- Gradual reduction in pain and improved range of motion over weeks
- Increased joint stability and strength as your treatment series progresses

Important Reminders

- Do not use ice or anti-inflammatory medications the first week — this directly counteracts the treatment mechanism
- Tylenol (acetaminophen) is safe for pain relief as it is not anti-inflammatory
- Keep all follow-up appointments — most protocols require a series of injections for best results
- Contact our office with any questions about your recovery: 520-222-6208

Between Visits & Before Treatments ***

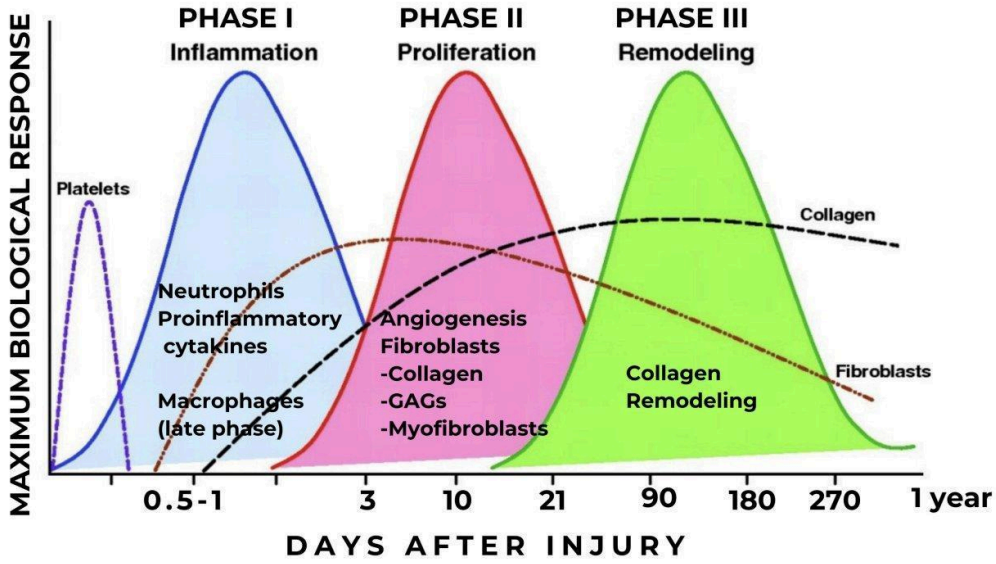
- Stay mobile, use proper form and stretch before and after activity
- Resume fish oils 5 days after treatment if part of your regimen
- **Avoid anti-inflammatories and ice 24 hours before each treatment**

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The Three Phases of Healing

Prolotherapy and PRP initiate a three-phase biological repair cascade. Understanding these phases explains why avoiding anti-inflammatory medications during the first week is so critical — each phase builds directly on the last.



Inflammation is not the enemy — it is the signal. Phase I activates the body's repair machinery. Phases II and III complete the rebuilding process over weeks to months.

PROLO: The sugar (dextrose) is the main active ingredient — at high enough concentrations it mildly disrupts local cells at the injection site, causing them to release powerful healing signals like PDGF and TGF-β. These signals kick off your body's natural three-stage repair process: first inflammation to clean things up, then new tissue growth, and finally remodeling and strengthening of the damaged area.

Procaine is used for its ability to transiently normalize the **autonomic membrane potential** of dysfunctional cells — particularly in scar tissue and interference fields. In prolotherapy context, this may help reset local neurogenic tone around the injection site