

Injection Checklist

1. How to prepare for your Stem Cell, PRP, Prolotherapy procedure:

Do NOT take Naproxen (Aleve), Aspirin, or Ibuprofen for at least 2 days before the procedure. **Stop** taking fish oil, vitamin E or any anti-inflammatory supplement one week before the procedure. **You may take** Tylenol, Tramadol, Vicodin, Norco, Percocet or anything natural but **do not take any medication until after your procedure**. Do not ingest or smoke any marijuana before the appointment as it can counteract with some of the solutions - it is ok to take after the appointment if you are of legal age.

2. On the day of your Injection:

Please make sure you are well hydrated and that you have eaten something before the appointment.

3. What to expect during the injection procedure:

Dr. Hughes always gives each patient a healthy dose of local anesthetic during the injection; however, this may not prevent the shocking type of pain that occurs for only seconds after a lesion or scar tissue is injected. Some injections performed by Dr. Hughes may be guided by ultrasound imaging. Sometimes, the ultrasound allows Dr. Hughes to see and inject a torn ligament or tendon (for example with a rotator cuff tear). At other times, Dr. Hughes must inject a bone spur or scar tissue. Torn ligament injections may feel different than that of an injection into scar tissue.

4. What to do after the injections?

Warm water and gentle motion followed by ice packs for inflammation can reduce the swelling and bruising that may occur. For most patients, following a healthy diet with plenty of protein, along with adequate rest is the key to recovery. Quite often, patients make the mistake of exercising too aggressively after the injections and end up slowing down or even impeding the healing process and collagen remodeling that is described above. Dr. Hughes recommends that patients **spend at least 2 days resting the injected body part**, treating it as if it had been acutely sprained. For the next 2-3 weeks, patients should be careful about aggressive or long sports activities, even hiking and yoga.

Avoid dairy (especially cheese) for several weeks. Avoid alcohol for one week. Increase your Vitamin C and collagen intake.

Many patients benefit from physical therapy, massage, acupuncture, chiropractic care, yoga, or osteopathic manual therapy a few days after the procedure. Please discuss your plans with Dr. Hughes during or before the injections.

5. Adverse Reactions:

The pain after an injection can be as painful as a surgical procedure and will typically last a couple of days. Sometimes injections can cause bruising for days afterwards. Any fevers, chills, nausea, shortness of breath should be reported to Dr. Hughes immediately **970-927-0308** or after hours **970-236-2303**. If you are unable to reach Dr. Hughes and are experiencing extreme allergic reaction or heart palpitations, please call 911 or report to the nearest Emergency Care Clinic.