

Vitalia

Holistic Health Centre

□ JoAnna T Forwell, ND

□ Adam R Geiger, ND

1836 Westlake Ave North, Suite 201, Seattle, WA 98109

p: 206-729-6100

f: 206-352-9198

Pre-Treatment Instructions:

1. A light meal is recommended before treatments. Do not come in for treatment with an empty stomach.
2. Bring loose fitting shorts for examination and treatment visits. Women may also want to wear a sports bra or bathing suit top. It is often helpful to bring or wear a pair of well worn shoes to your initial evaluation appointment to demonstrate your walking pattern.
3. **MEDICATIONS:** No NSAIDS (anti-inflammatory medications like Ibuprofen or Aspirin) for 3 days before treatment. No oral steroids for 1 week prior. Patients using long-term steroids should discuss their condition with their doctor. Inhaled steroid medications must be also be discussed with your doctor. Be sure to discuss use of anticoagulation therapy with your doctor.
4. All women must ensure they are not pregnant and do not become pregnant before starting or during their injection treatments.
5. You are encouraged to have a driver bring you to your first treatment appointment to ensure that your trip home is as easy as possible.
6. Be sure that you understand the treatment procedure, alternatives, risks, and that all of your questions have been answered to your satisfaction.
7. Please feel free to educate yourself about regenerative injection therapies and to discuss your treatment plan with your doctor. Visit the clinic website to for links to informative websites and articles.

Post-Treatment Instructions:

1. No Ice is to be used unless specifically directed by your doctor to do so.
2. No Non-Steroidal Anti-Inflammatory Drugs (NSAIDS) are to be used which include prescription and OTC medications such as aspirin, ibuprofen (Advil, Motrin), naproxen (Aleve), diclofenac, etadolac, indomethacin piroxicam, celecoxib (Celebrex). Avoid bromelain and other proteolytic enzymes during the initial inflammatory response lasting the first 4 days.
3. No glucocorticoid steroid medications such as prednisone should be used unless deemed medically necessary by your doctors.
4. Tylenol (acetaminophen) is acceptable as a pain reliever during Prolotherapy treatment, although some recent research suggests that it may interfere with healing. The dose is limited to a maximum of 3000mg daily and usually 1-2 pills (325-650mg) is taken every 4-6 hours as needed for pain control. Talk to your doctor about the safe use of this medication to ease pain.
5. Heat is very helpful in alleviating pain and stiffness after treatment. Topical heat is your primary home treatment. Moist heat is most helpful and can be in the form of hot baths (with or without Epsom salts) or a hot water bottle placed over a moist cotton towel.
6. If heat applications are insufficient to control pain and allow for completion of stretching exercises, then contrast hydrotherapy should be used after the 4th day post-treatment. See Handout on Contrast Hydrotherapy techniques.
7. Let pain be your guide to your activity level. An increase in pain occurs in most but not all patients and lasts about 1-3 days, rarely longer. Generally, patients can expect to return to work on the same day after treatment. For athletes, heavy weight-lifting and competition is to be avoided until recovery is complete. Prescribed exercises must be completed to ensure optimal recovery.
8. If you have persisting redness, swelling, excess heat, increasing pain at the injection site or an unexplained fever, please contact your doctor immediately.
9. Diet:
 - a. Protein – Foods rich in protein should be included with every meal and each day total protein should be at least 1/2 gram per pound of body weight. High quality protein powders can be used to supplement a diet rich in high quality protein foods.
 - b. Multivitamin/multimineral – A high quality supplement should be included with each meal to ensure an optimal healing response.
 - c. Essential Fatty Acids – EFAs in the form of fish oil concentrate should be included daily.
 - d. General – Sufficient nutrient dense foods should be consumed every day to ensure that weight loss does not occur during the treatment period. Prolotherapy and other Regenerative Injection Techniques are anabolic (tissue building) treatments and calorie-restriction weight loss is by definition a catabolic (tissue degrading) process.
 - e. Avoid junk foods. Not only are these foods largely devoid of micronutrients, but junk foods may impair the healing response by disrupting digestion and creating a generalized state of inflammation.
10. It takes time to heal, please be patient.