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Discharge Instructions Prolotherapy

After your Prolotherapy injections today:

- Do not drive or operate machinery
- Do not engage in any strenuous activity, rest as much as possible for the next 24 hours. Then resume normal activity.
- You may shower
- You may remove any Band-Aids tonight
- Resume your normal diet
- Drink plenty of fluids
- Be sure to do stretching exercises instructed by your physical therapist or chiropractor 2-3 times a day beginning tomorrow.

Medications:

- Take as prescribed only. Use pain medication if needed. However, **do not use** anti-inflammatory medications (Motrin, Advil, Ibuprofen, etc.)

Special Instructions:

- You will experience some increased discomfort that may vary in severity. Notify Dr. Dubick if the pain is severe and lasts longer than 2 weeks. You may take pain medications only as prescribed during this time. Our expectation is that as your pain decreases you will decrease your usage of pain medications.
- **No ice** should be used because it is anti-inflammatory. You may use heat as tolerated.
- If you develop any redness or drainage from the injection site please call Dr. Dubick.

Sedation Injection:

- You have been given a sedation injection. This type of medication is given to help reduce anxiety, pain, and muscle spasm. For the next 8-12 hours you should not drive, undertake any other activity that is dangerous or make any important decisions such as to sign important papers. You may need assistance with walking to prevent staggering or falling. Do not drink alcohol or take any other sedative or narcotic drugs unless prescribed by your doctor.

