

## **Ligament Injection Aftercare Instructions.**

- The day following Ligament injections you can expect your joint to feel stiff and achy and possibly painful. Get in a hot shower to loosen your joint up and perform some gentle range of motion exercises.
- You can resume normal activities as tolerated but do not over-work the joint above your normal baseline for a few days. Weight lifting/work outs are allowed but do not push beyond your normal work out, go up on your weights, or go beyond the limit that your joint is telling you to hold at for those days.
- If you are uncomfortable, you may take some Tylenol 325-650mg once or twice a day.
- DO NOT use NSAIDs at all for 4 weeks. These include but are not limited to Advil (Ibuprofen), Aleve (Naproxen), Mobic (meloxicam), and aspirin. In the case of Ligament Injection therapy, the inflammation process is part of the healing process so we do not want to alter it if possible or the outcome may be less than expected. The only exception is a natural source such as Omega 3 fish oil, Curcumin, and Inflammation. (All available at Complete Care) Note: Baby aspirin is only allowed if a regiment is required.
- DO NOT use ice.
- Infections are extremely rare but I do encourage you to monitor for heat, redness, excessive swelling and contact the clinic if these are occurring at the injected joint. Some mild swelling is to be expected.
- Most joints take between 3 and 5 sessions to be consistently improved. Follow the discussed follow-up guidelines that I reviewed with you during your visit to determine when the next treatment should be considered.

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