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DISCHARGE INSTRUCTIONS  
HGH PROLOTHERAPY PROCEDURES

After your injections today:

- Do not drive or operate heavy machinery
- Do not engage in strenuous activity, rest as much as possible for the first 24 hours.
- You may shower. Avoid baths and swimming for 24 hours.
- You may remove any Band-aids tonight.
- Resume your normal diet and drink plenty of fluids.
- No ice should be applied to injection site, you may use heat as tolerated.

Medications:

Do NOT use anti-inflammatory medications such as Advil, Motrin, Ibuprofen, Alleve, etc. **Use prescription pain medication or Tylenol if needed and ONLY as prescribed.** Our expectation is that as your pain decreases you will decrease your usage of pain medications.

Special Instructions:

You will experience increased discomfort that may vary in severity. Notify Dr. Dubick if the pain is severe and lasts longer than 1 week. If you develop any redness or drainage at the injection site contact Dr. Dubick.