



Sports Injection

PRE+POST CARE INSTRUCTIONS

TRIGGER POINT INJECTION,
STEROID JOINT INJECTION, DRY NEEDLING

PRE-TREATMENT CARE:

Medication Disclosure: Inform your provider of any medications or supplements you're taking, especially blood thinners, anti-inflammatories, or pain relievers.

Avoid Anti-Inflammatories: Refrain from taking NSAIDs (e.g., aspirin, ibuprofen) for 24 hours prior to the procedure unless instructed otherwise, as these may interfere with the body's natural healing response.

Hydrate: Drink plenty of water the day before and the day of your appointment.

Comfortable Clothing: Wear loose, comfortable clothing that allows easy access to the treatment area.

POST- TREATMENT CARE:

Rest the Treated Area: Avoid strenuous activity and heavy lifting involving the treated area for at least 24 hours.

Ice Therapy: Apply ice packs to the treated area to reduce swelling or discomfort, but avoid heat during the first 24 hours.

Hydration: Continue to drink plenty of water to aid in muscle recovery and toxin removal after dry needling or trigger point therapy.

Pain Management: You may experience mild soreness after treatment. Use Tylenol (acetaminophen) if needed but avoid NSAIDs for at least 24-48 hours after treatment to allow for healing.

IT IS IMPORTANT TO FOLLOW THE SPECIFIC PRE+POST INSTRUCTIONS PROVIDED TO ENSURE THE BEST POSSIBLE HEALING AND RESULTS. IF YOU HAVE ANY QUESTIONS OR CONCERNS ABOUT THE INSTRUCTIONS, BE SURE TO CONTACT US FOR MORE GUIDANCE.
