

## What should I expect after my Procedure?

As physicians who are experts in the fields of interventional pain medicine, interventional orthopedics, and regenerative medicine, we perform a wide variety of procedures. These procedures are designed to help patients return to what they love doing with less pain. Not only do we want patients to feel better, but we also want them to know what to expect after the procedure. Below, I have included a table and additional information that detail typical recovery times based on the type of procedure performed:

Procedure	How long will I feel pain from the procedure?	When can I start to feel better?	When will I feel the maximum benefit?	How long will this last?
Prolotherapy	1-2 days	2-4 weeks	1-2 months	3-6 months
Platelet-Rich Plasma (PRP)	2-7 days	2-4 weeks	6-12 weeks	1-2 years
Stem Cells (Bone Marrow derived)	7-10 days	4-6 weeks	4-6 months	2+ years
Steroid Injections	1-2 days	3-5 days	2 weeks	2-3 months
Radiofrequency Ablation	7-10 days	4-6 weeks	8 weeks	1-3 years
Pulsed Radiofrequency Neuromodulation	7-10 days	2-4 weeks	6-8 weeks	6-12 months
Cryoablation	1-10 days	3-8 weeks	8 weeks	8-24 months

These numbers can vary depending on the procedure, the technique, and what we are treating.

### Will I be in pain afterwards?

Yes, patients often report some discomfort after their procedure. We do our best to help control this with appropriate techniques such as with medications and nerve blocks. Please keep in mind that platelet-rich plasma (PRP) and stem cell therapy are pro-inflammatory procedures to stimulate healing and that discomfort after the procedure is often expected.

### When can I go back to work?

We perform minimally invasive procedures that often require very little down time. Most often, patients are able to go back to work the next day, but occasionally require more time, such as with jobs that are more physically demanding.

### What if the procedure doesn't work?

We do our best to recommend procedures that we feel will be most beneficial. However, there are no guarantees and some patients are not satisfied with their result. Please know that we will continue to work towards a solution, whether that's through another injection or another treatment alternative all together.