

PAIN RELIEF PRESCRIPTION with Ice, Heat, or Medication



Pain Relief Prescription

To experience our **Rapid Recovery Difference**, the doctor has prescribed the following home care instructions.

Everything we do for your recovery is rooted in the concept of getting you better faster and keeping you better longer. Following your treatment plan and taking good care of yourself will accomplish these goals.

ICE:

Ice to reduce pain and swelling. Put a damp towel, or one layer of t-shirt, between the painful area and the ice pack. Ice for fifteen minutes, up to once per hour.

Icing 2-3 times per day reduces swelling and provides pain relief.

The common **myth** that your pain is due to muscle spasm, is incorrect. The muscle spasms to hold up your damaged joints. The joint is the primary cause of your pain. It is swollen like a fresh ankle sprain. Although trying to heal with swelling, it gets stuck in the area causing pressure, chemical irritation, and pain. You need to move the swelling out, to get fresh blood flow which speeds healing. Rarely, icing aggravates pain. If this occurs, stop, and let us know about your reaction.

HEAT:

Some of our patients find temporary relief with heat, but in general that is short lived. Applying heat can increase the swelling and pain.

If you find relief with heat, you can apply moist heat (hot shower, bath, or heating pad) for up to 15-minutes. Be sure you are still icing for the swelling.

MEDICATION and VITAMINS:

Ibuprofen/Motrin/Advil- 400 mg every 4 hours

Aleve/Naproxen/Anaprox- 1-2 pills (220 mg) every 12 hours

Turmeric- 500-2000 mg per day in divided doses

Aspirin- 325 mg every 2-4 hours

Acetaminophen- usually does not relieve joint pain but can be beneficial for headaches

Use these recommendations to get better, faster. With or without our care we hope they help.

Be Well,

Fox Valley Chiropractic Physicians.

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