



Aftercare advice

- Stay active but refrain from doing strenuous exercise/activity for the next 3-4 days, especially involving the areas that were treated. *Gentle* cardio exercise is ok.
- Refrain from repetitive motions, lifting heavy objects, and prolonged sitting/standing. For example, if you are working at a computer, take a break every 15-20 minutes to have a gentle stretch then continue.
- Use your regular pain medications or over the counter medications if you feel you are experiencing increased pain.
- Stay well-hydrated.
- Avoid receiving other needle treatments such as IMS and acupuncture within a few days of having TPI. Gentle stretching by physiotherapy is okay. Please speak with the doctor about further advice.
- Any massage therapy treatment should be scheduled immediately before receiving TPI, not immediately after. If massage appointments are booked after TPI, please advise your massage therapist to refrain from massaging any area that was treated at your last visit at MuscleMD.

Common side effects after treatment:

- Bruising at site of treatment: it is completely normal to have some bruising or hematoma (bumps under the skin caused by blood) after treatment and is generally of no concern as it resolves on its own within a few days
- Fatigue or soreness – this is completely normal after treatment.

Rare side effects for those receiving dextrose (sugar) injections:

- Some patients get redness & swelling at the site of the injections. This is not likely infection; it is an allergic reaction to having been injected. Please apply Benadryl cream available from any drug store to the area. Please call us if you have any concerns.

When to contact the clinic:

- If you have any difficulty breathing.
- If you have bleeding from the treated areas that will not stop.
- If you have any signs of infection such as discharge or increasing redness and pain around the treated area

If you ever have any concerns or questions, contact the MuscleMD Clinic to speak with the staff. If you are unable to contact anyone at the clinic, see your GP. Outside of hours, call 811. *If it is an emergency, always call 911 or visit your local emergency department.*