

# Dr. Kristen E. Cardamone



11 Overlook Rd, MAC II, Suite 180, Summit, NJ 07901  
35 Olcott Square, First Floor, Bernardsville, NJ 07924  
197 Ridgedale Avenue, Suite 210, Cedar Knolls, NJ 07927  
Tel: 908-516-2941 [www.drkristencardamone.com](http://www.drkristencardamone.com) Fax: (908) 522-2207

## WHAT TO EXPECT AFTER YOUR OZONE INJECTION

The first 45-60 minutes after an injection you may feel a full sensation with some “slushy” noises in the joint. It is important to keep some motion in the joint for the first hour without any excessive stress on the joint.

Ice should be used on the injection site for 15 minutes during the first 48 hours at least 2-3 times daily depending on tenderness. **Avoid** use of over-the-counter non-steroidal anti-inflammatory drugs (like ibuprofen, sodium-naproxin, aspirin or acetaminophen) which will counter-act the healing that the inflammation will eventually promote. Limit the stress of full activities during the first 24-72 hours and participate in usual daily activities or work but avoid additional exercise or weight programs during this initial period to allow the joint/affected area to start to heal and avoid adding additional soreness.

Drink plenty of water (four 8 oz glasses/day). A Magnesium 800 to 1000mg supplement is recommended during the injection series process and to maintain healthy tissues and may reduce muscle cramping/soreness in general. Vit D3 supplementation is recommended (at least 5,000 IU daily, more if levels are low to be discussed with Dr. Cardamone)

Most people experience some level of stability within the first 48 hours having between a 20-80% reduction of pain in the joint with improved range of motion. Over the first week some of the pain may come back in the joint; this is normal for the healing process. We usually follow up with a second injection within 7-10 days.

After the second injection a course of Physical Therapy to include phonophoresis of the affected area with topical Dextrose/Vit D3 cream or Traumeel gel twice a week for 2 weeks before the third injection may be recommended. Sometimes a third injection may be put off for one month or more or in some cases not needed. This will vary by severity, acuteness of the condition, as well as patient’s ability to heal.

It is important to start on some directed exercises to improve the muscle tone. The affected joint generally has experienced a loss in range of motion and strength; the motion will be increased post injection. Tenderness and swelling are a normal part of the healing process and can be sometimes flared up with the increased motion. Initially working on range of motion and then progressing to direct strengthening; exercise is crucial to develop long-term stability in the joints.

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Subsequent injections may occur from 3 weeks to several months. As any other condition that is healing, improper exercise and over-doing activities may affect long-term stability.