Patient Resources — Chabla Pain & Performance Medicine

About these handouts

Each handout below explains one treatment in plain language: what it is, who it may help, how to prepare, what happens that day, and what to expect afterward. Dr. Chabla will review your own plan with you, and your instructions always take priority over general information.

Treatment	Time in office	Driver needed	Usual return to normal activity
PRP injection	45–90 min	Recommended	Same day (light use); avoid strenuous use 1–2 weeks
Stellate ganglion block	1–1.5 hrs	Yes	Next day
Lidocaine infusion	1–2 hrs	Yes	Next day
Ketamine infusion	1.5–5 hrs	Yes, no driving until next day	Next day
Botox for chronic migraine	20–30 min	No	Same day

1. Platelet-Rich Plasma (PRP) Injections

PRP uses a concentrated portion of your own blood to support healing in an injured or worn joint, tendon, or ligament. Because it comes from your body, there is no risk of allergic reaction to the material itself.

What it is

Platelets are blood cells that release growth factors, proteins that signal tissue to repair itself. We draw a small amount of your blood, spin it in a centrifuge to concentrate the platelets, and inject that concentrate into the injured area using ultrasound guidance for accuracy.

Who it may help

- Knee and hip osteoarthritis
- Tendon problems such as tennis elbow, golfer's elbow, rotator cuff, patellar, and Achilles tendinopathy
- Some ligament and muscle injuries, and plantar fasciitis

PRP works best for mild to moderate damage. It does not regrow lost cartilage or replace surgery for a complete tear.

Before your appointment

- Stop anti-inflammatory medicines (ibuprofen, naproxen, aspirin for pain, celecoxib) for [7] days before. They can blunt the platelet response. Acetaminophen (Tylenol) is fine.
- If you take a blood thinner or daily aspirin for your heart, tell us. Do not stop it unless your prescribing doctor agrees.
- Eat normally and drink plenty of water the day before and the morning of your visit.
- Wear loose clothing that lets us reach the treatment area.

On the day

1. A blood sample is drawn from your arm, similar to a routine lab test.
2. The blood is processed for about 15–20 minutes.
3. The skin is cleaned and numbed.
4. Using ultrasound, your physician injects the PRP into the target area.

After the injection

- Soreness, swelling, and stiffness are common for 2–5 days. This is the expected inflammatory healing response.
- Use ice for 15–20 minutes at a time and acetaminophen for pain.
- Avoid anti-inflammatory medicines for [2 weeks] after the injection.
- Light daily activity is encouraged. Avoid heavy exercise or strenuous use of the area for 1–2 weeks, then follow your return-to-activity or physical therapy plan.
- Improvement usually builds gradually over 4–6 weeks and can continue for several months. Some people need 1–3 injections spaced several weeks apart.

Risks

Serious problems are uncommon. Possible risks include a temporary flare of pain, bruising, infection, and, rarely, injury to a nearby nerve or blood vessel. PRP is not FDA-approved for specific conditions and research results vary by condition.

Call us if you have

- Fever over 100.4°F (38°C), or redness, warmth, or drainage at the injection site that gets worse after 48 hours
- Pain that keeps increasing after the first 3 days
- New numbness or weakness

2. Stellate Ganglion Block (SGB)

A stellate ganglion block is an injection of numbing medicine near a cluster of nerves in the front of the neck. It calms the sympathetic nervous system, the part of your nervous system that controls the "fight-or-flight" response, blood flow, and sweating.

Who it may help

- Complex regional pain syndrome (CRPS) and other nerve-related pain of the face, arm, or hand
- Poor circulation in the arm or hand
- Post-traumatic stress symptoms, as an off-label treatment alongside counseling
- Hot flashes in people who cannot take hormone therapy, as an off-label treatment

Some people need a single block; others benefit from a series of blocks spaced days to weeks apart.

Before your appointment

- Tell us about any blood thinners, bleeding disorders, allergies, or pregnancy. Do not stop a blood thinner without guidance from us and your prescribing doctor.
- If you will receive light sedation, do not eat for [6] hours before. Clear liquids are allowed until [2] hours before.
- Take your usual morning medicines with a sip of water unless we tell you otherwise.
- Arrange for an adult to drive you home.

On the day

1. You lie on your back with your head slightly turned. Your heart rate, blood pressure, and oxygen are monitored.
2. The skin on the side of the neck is cleaned and numbed.
3. Using ultrasound, a thin needle is guided next to the nerves and injects local anesthetic. The injection itself takes a few minutes.
4. You rest in recovery for about 30 minutes.

Expected effects after the block

These signs mean the block reached the right nerves. They are temporary and usually fade within 4–8 hours.

- Droopy eyelid and smaller pupil on the injected side
- Red or watery eye and a stuffy nose
- A warm, flushed feeling in the face or arm
- Hoarse voice or a lump-in-the-throat feeling

After the block

- Do not eat or drink until your voice is normal and you can swallow comfortably. Start with a sip of water.
- Do not drive, operate machinery, or make important decisions for the rest of the day.
- Mild soreness at the injection site is common for a day or two. Ice can help.
- Keep a simple log of your pain or symptoms for the next 1–2 weeks. It helps us decide on next steps.

Risks

Serious complications are rare. They include bleeding in the neck, infection, injection into a blood vessel causing a seizure, a collapsed lung, or prolonged hoarseness or trouble swallowing. Ultrasound guidance helps lower these risks.

Call us or seek urgent care if you have

- Trouble breathing or swallowing, or chest pain (call 911)
- Neck swelling that keeps growing
- Effects that have not faded after 24 hours
- Fever, or redness or drainage at the injection site

3. Lidocaine Infusions

A lidocaine infusion delivers a low, carefully controlled dose of lidocaine, a numbing medicine, through an IV. In the bloodstream it quiets overactive pain nerves throughout the body, which can lower pain for days to weeks.

Who it may help

- Nerve pain (neuropathy), including diabetic and post-shingles pain
- Complex regional pain syndrome (CRPS)
- Fibromyalgia and other widespread pain conditions
- Some headache disorders.

Before your appointment

- We will review your heart health, and you may need an ECG (heart tracing) beforehand. Tell us about any heart rhythm problem, heart failure, liver disease, seizures, or allergy to numbing medicines.
- Eat a light meal and drink water beforehand unless told otherwise.
- Take your usual medicines, and bring a current medication list.
- Arrange for an adult to drive you home.

On the day

1. A small IV is placed in your arm or hand.
2. Your heart rhythm, blood pressure, and oxygen are monitored throughout.
3. The lidocaine runs slowly over about [30–60] minutes. You are awake and can read, rest, or listen to music.
4. You stay for monitoring for about 30 minutes after the infusion ends.

What you may feel during the infusion

These effects are common, mild, and go away quickly once the rate is slowed or the infusion ends. Tell the nurse or physician right away if you notice any of them.

- Light-headedness or drowsiness
- Metallic taste in the mouth

- Tingling or numbness around the lips or tongue
- Ringing in the ears or blurred vision

After the infusion

- Do not drive or operate machinery for the rest of the day.
- Relief may start during the infusion or over the following 1–2 days and can last days to several weeks.
- Many patients receive a series of infusions. Keep a pain diary so we can judge how well it works and how long relief lasts.

Risks

Serious reactions are rare at treatment doses and are the reason we monitor you closely. They include seizures, an abnormal heart rhythm, and a drop in blood pressure. An allergic reaction to lidocaine is very rare.

Call us or seek urgent care if you have

- Chest pain, a racing or irregular heartbeat, fainting, or a seizure (call 911)
- Confusion or ongoing numbness or vision changes after you leave

4. Ketamine Infusions

A ketamine infusion gives a low dose of ketamine through an IV under continuous monitoring. At these doses it does not put you to sleep. It blocks NMDA receptors, pathways that help the nervous system "turn up" and hold on to chronic pain, and it can also improve mood.

Who it may help

- Complex regional pain syndrome (CRPS)
- Nerve pain and other chronic pain that has not responded to standard treatment
- Depression that has not improved with other treatments, when it occurs alongside chronic pain (off-label; coordinated with your mental health clinician)

Ketamine is usually given as a series, for example several infusions over a few weeks, followed by occasional booster sessions if it helps. Your physician will explain the schedule planned for you.

Who should not receive it

Tell us if you have any of the following. Ketamine may not be safe for you.

- Uncontrolled high blood pressure, recent heart attack or stroke, or serious heart disease
- A history of psychosis, schizophrenia, or mania
- Current or past substance misuse
- Pregnancy or breastfeeding
- Severe liver disease or increased pressure in the eyes or brain

Before your appointment

- Do not eat solid food for [6] hours before. Clear liquids are allowed until [2] hours before.

- Take your usual morning medicines with a sip of water, including blood pressure medicines. Ask us about benzodiazepines (such as lorazepam or alprazolam) and lamotrigine, which can reduce ketamine's effect.
- Avoid alcohol and cannabis for 24 hours before and after.
- An adult must drive you home. Rideshare alone is not permitted.

On the day

1. A small IV is placed. Your blood pressure, heart rate, and oxygen are monitored throughout.
2. You may receive medicine to prevent nausea.
3. The ketamine runs slowly, usually for [40 minutes to 4 hours] depending on your plan. You rest in a quiet, dim room. Many people use an eye mask and calm music.
4. You stay about 30–60 minutes afterward until you are steady and clear-headed.

What you may feel during the infusion

These effects are expected, are temporary, and fade within about 30–60 minutes after the infusion stops.

- A floating, dreamlike, or "detached" feeling
- Changes in how sights, sounds, or time feel
- Dizziness, blurred or double vision, or numbness
- Nausea
- Higher blood pressure and heart rate

If the experience feels uncomfortable, tell the staff. We can slow the infusion or give medicine to help.

After the infusion

- Do not drive, operate machinery, sign important documents, or make major decisions until the next day.
- Rest for the remainder of the day and have someone with you for the first few hours at home.
- Tiredness or mild headache is common the next day.
- Keep a pain and mood diary between infusions.

Risks

At treatment doses, serious problems are uncommon. Possible risks include high blood pressure, distressing perceptual effects, nausea and vomiting, and, rarely, breathing problems. Frequent or long-term ketamine use can cause bladder and liver problems and has a potential for misuse, which is why it is given only in a monitored medical setting.

Call us or seek urgent care if you have

- Chest pain, severe headache, trouble breathing, or confusion that does not clear (call 911)
- Pain or burning with urination, or blood in the urine
- Worsening mood or thoughts of harming yourself. In the U.S. you can call or text 988 at any time.

5. Botox for Chronic Migraine

Botox (onabotulinumtoxinA) is FDA-approved to prevent headaches in adults with chronic migraine. Small injections into muscles of the head and neck reduce the release of pain-signaling chemicals, which lowers how often headaches happen and how severe they are.

Who it may help

Botox is meant for chronic migraine: headaches on 15 or more days a month, with at least 8 of those days having migraine features, for more than 3 months. It is not approved for occasional (episodic) migraine or tension-type headache. It can be used together with other preventive migraine medicines.

Before your appointment

- Keep a headache diary for at least 4 weeks before your first treatment and continue it afterward. It is the best way to measure your response.
- Tell us if you have a muscle or nerve disease (such as myasthenia gravis or ALS), trouble swallowing or breathing, an allergy to any botulinum toxin product, or if you are pregnant or breastfeeding.
- Tell us if you have had any other botulinum toxin treatment in the last 3 months, including cosmetic treatment.
- No fasting or driver is needed.

On the day

1. You sit comfortably while the skin is cleaned.
2. Your physician gives about 31 small, shallow injections across the forehead, temples, back of the head, neck, and upper shoulders, using a very fine needle. Additional sites may be added where your pain is concentrated.
3. The injections take about 10–15 minutes. Most people describe a brief sting with each one.

After the treatment

- Stay upright and avoid rubbing or massaging the injected areas for the rest of the day.
- You can return to normal activities right away. Skip strenuous exercise for the rest of the day.
- Some people notice benefits within 2–4 weeks, but the full effect often takes 2–3 treatment cycles. We usually assess your response after the second or third session.
- Treatments are repeated every 12 weeks to maintain the benefit.

Side effects

- Neck pain or stiffness, and tenderness at injection sites
- A temporary increase in headache for a few days
- Mild drooping of an eyelid or eyebrow, or a heavy feeling in the forehead, which fades over weeks
- Neck or shoulder muscle weakness

Rarely, the medicine can spread beyond the injection sites and cause weakness, vision changes, or trouble swallowing, speaking, or breathing. This can occur hours to weeks after treatment.

Call us or seek urgent care if you have

- Trouble swallowing, speaking, or breathing (call 911)
- New general muscle weakness or double vision
- Signs of an allergic reaction, such as hives, swelling of the face or throat, or wheezing (call 911)