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## Prolotherapy Post-Procedure Information

Prolotherapy uses dextrose (sugar water) or other solutions which are injected into the ligament or tendon where it attaches to the bone. It can be also injected into the joints themselves. This causes a localized inflammation in these weak or degenerated areas which then increases the blood supply and flow of nutrients and stimulates the tissue to repair itself.

The response to treatment varies from individual to individual, and depends upon one's healing ability. Some people may only need a few treatments while others may need 10 or more. The average number of treatments is 4-6 for an area treated.

### AFTER CARE:

1. Increased pain after the procedure is common but usually subsides within a few days. You may use over-the-counter Tylenol (Acetaminophen) or medication prescribed by Dr. Duncan after the procedure.
2. Do not take any non-steroidal anti-inflammatories such as Motrin, Ibuprofen, Aleve, Naproxen, or aspirin for 3 days prior and at least 10 days after the last treatment. These medications interfere with the healing process and make the prolotherapy ineffective.
3. Use pain as your guide. Avoid activities that aggravate your pain such as high impact. Treat the area as if it has been injured, as you would treat a sprained ankle.
4. You may use ice to reduce the superficial tenderness from the needle penetration and spasm that may occur after the injections.
5. You may continue chiropractic manipulation, massage or physical therapy to help improve circulation, muscle strength, and normal alignment while healing.
6. Side effects include temporary numbness, tingling, and weakness as a result of the anesthetic which is mixed with the dextrose. Prolotherapy solution is equivalent to about a teaspoon of sugar, thus it is unlikely that it will cause an increase in blood sugar, even in diabetics.
7. The healing effects occur over an extended period of time and each subsequent treatment creates an additional layer of healthy connective tissue. Although some patients may have immediate improvement in their pain after the first treatment, this is rare. Most see improvement after about 6 weeks from the last treatment.