

Prolotherapy

Prolotherapy is a complementary treatment for muscle and joint pain. The treatment involves repeated injections of an irritant solution into part of a joint — the joint's interior, for example, or a supporting tendon or ligament. The irritant, usually a sugar solution, is thought to trigger growth in the connective tissue of the joint, eventually leading to reduced pain.

Treatments occur at intervals usually every 4-6 weeks.

Before the Appointment:

- Avoid anti-inflammatory medication for two days prior and 5 days after your injection. (*Anti-inflammatory medications include Advil or Ibuprofen, full strength Aspirin (325 mg), Aleve or Naproxen, Prednisone, steroids, other NSAIDS such as Celebrex or Arthrotec. Some herbal supplements which also have anti-inflammatory properties should also not be taken such as Cercumen*)
- A light meal and plenty of water about 1-2 hours before the procedure is recommended. Water improves hydration and lessens the discomfort of the injections and food reduces the likelihood of dizziness or fainting.

During the Appointment:

- The actual treatment lasts from a few minutes to 30 minutes.
- The doctor may administer a single injection or a series of injections depending on the region of the body.

After the Appointment:

- Depending on the area treated and the number of injections, most patients can return to usual activities during the next day to 2 days.
- Approved medications or acetaminophen (Tylenol) may be taken for discomfort following injections.
- Most people can drive after the procedure but occasionally some people are very prone to faintness so if you are, please arrange for someone to drive you home after the treatment.
- Watch for signs of infection, including increasing pain, redness and swelling that lasts more than 48 hours.
- Don't use a bathtub or hot tub for two days, however you may shower.
- You may experience some bruising on the site.