

## Prolotherapy

### What is prolotherapy?

Prolotherapy is an injection used to help relieve pain in injured ligaments or tendons. The pain must be present for 6 months or longer.

Most insurance plans **do not** cover prolotherapy. Please contact your insurance carrier to see if it is covered.

### How is it done?

A solution of dextrose, xylocaine & water is used for the injection. You may need more than one injection if the injured area is large.

Future office visits are required if you need more than one set of injections. Healing can take 6-8 weeks.

### What should I expect?

Before you come in take Tylenol<sup>®</sup> about 1-2 hours before your injection. Check with your primary doctor for the amount you should take.

**Do not** use aspirin or other anti-inflammatory medicines like ibuprofen or Aleve<sup>®</sup>.

If you are having an injection in or around your neck **you will need someone to drive you home.**

### Before the Injection

- You will change into shorts or a tank top. This is so we can access the injured area. Please feel free to bring your own shorts or tank top to wear.
- We will clean the area with an antiseptic cleanser.

### After the Injection

- We will cover the injection area to prevent drainage.
- You may remove the dressing later in the evening.
- You may shower after the dressing is removed.
- You may notice some pain after the injection. The pain may last 2-4 days. It will go away with time.
- You may take Tylenol<sup>®</sup> to help with the pain.
- You should be doing regular gentle stretching to prevent stiffness.
  - **Do not** do anything that you could not do before the injection.
  - **Do not** do anything that caused pain before the injection.
  - **Do not** over stretch.

### When to Call

Call with any signs of infection:

- Fever greater than 100.4° F by mouth for 2 readings taken 4 hours apart.
- Increased redness, swelling around the site.
- Any drainage from the site.

### Phone Numbers

During business hours: **(608) 265-3207**

**After hours, nights and weekends** call **(608) 262-2122** or, if you live out of the area, call: **(800) 323-8942**, ask for the rehab doctor on call. Leave your name and phone number with the area code. The doctor will call you back.

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 4/2019 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#8082.