



# PRAIRIE

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## After Your Prolotherapy Injection

### What do I do now?



- Keep the bandage on for the rest of the day.
- Avoid having a bath, using a hot tub, or going swimming for 2 days. Showering is OK.
- Soreness, stiffness, mild bruising, and muscle cramping may occur at or around the injection site.
- Apply ice to the injection site as needed to relieve pain.
- Tylenol/acetaminophen can be taken regularly, as per instruction on the bottle, if pain is persisting. Please avoid anti-inflammatories (Advil/ibuprofen, Aleve/naproxen, etc.).

### What can I expect?



- Your pain will likely improve for the next few hours, due to the freezing that's mixed into the injection. The pain will likely return to the level prior to the injection, and may be worse for a few days. The injection takes 2-4 weeks to take effect.
- As a result, take it easy for 1 week. For instance, if you received a prolotherapy injection in your elbow, avoid heavy lifting. If you received an injection to your knee or achilles, avoid stressing the area.

### What do I monitor for?



- Prolotherapy injections can sometimes cause a temporary flare in pain and inflammation. This lasts for up to 1 week after the injection and then should gradually improve. Again, try ice and Tylenol to help with the pain.
- There is a small chance of getting an infection (around 1 in 10,000) due to an injection. Symptoms may include:
  - Increasing pain, swelling, warmth, or redness that lasts more than 48 hours
  - Red streaks coming from the injection site
  - Pus draining from the injection site
  - Fever >37.8°C
- If you develop any of these symptoms, you are to call our office immediately or present to the nearest Hospital/Emergency Department for urgent assessment.