

# Care Instructions from



## Dextrose Prolotherapy

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Non-Surgical Sports Medicine

Neuromusculoskeletal Medicine/Osteopathic Manipulative Medicine

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520-382-8200 • 8333 N. Silverbell Rd., Suite 141 • Tucson, AZ 85743 • [www.tucsonortho.com](http://www.tucsonortho.com)

If you have chosen Dextrose Prolotherapy, please follow the care instructions below:

### Before Treatment:

- Your initial visit to the clinic will consist of a full physical assessment based on injury or physical complaint which may include x-rays, diagnostic ultrasound, and MRI if needed.
- If taking NSAID's (anti-inflammatory medication ie: Motrin, Naprosyn, Advil, Aleve, Celebrex, 81 mg Aspirin) or oral corticosteroids please discontinue **1 week** prior to treatment.
- You should be at least 3 months removed from cortisone injection in the same area you are having treated.
- Please wear comfortable, loose fitting clothing, we will provide gowns if needed.

### After Treatment:

- The areas treated will be numb 2-6 hrs after the procedure.
- Due to the numbness we ask that you refrain from any strenuous activities but to stay mobile. Continue to move affected area to decrease soreness and stiffness.
- You should avoid strenuous physical activity for 2 days following injections.
- You will experience some pain and soreness 2-5 days after your treatment. The initial inflammatory phase last 7 days and secondary phase can last up to 14 days.
- You may or may not experience a low grade fever after treatment, call if temperature is above 100.4 degrees.
- No anti-inflammatory medication (Ibuprofen, Motrin, and Aleve) or corticosteroids should be used while under treatment.
- Extra Strength Tylenol q4-6 hours for pain, Tramadol q4-6 hours for pain if Tylenol is insufficient, ice as needed for pain (only on day of injection) and or swelling (10-20 minutes to cool the skin, repeat every 2-3 hours). Make sure to place a barrier between your skin and the ice.
- You may experience the "roller coaster" syndrome where you feel great one day and for no apparent reason the area/s treated starts to hurt again, this is normal in the healing process.
- To reach our goal of improvement in pain, you may or may not need more than 1 treatment to reach that goal. Sometimes a series of 2-6 treatments are needed to achieve complete healing. If subsequent treatments are needed they are usually performed 4-6 weeks apart.
- You will be re-evaluated in 4 weeks and it will be discussed if booster Dextrose Prolotherapy injections are necessary.

**Call Dr. Taduran's MA, Ney, at 520-222-5082 or our office at 520-382-8200 if you have any symptoms of infection or adverse affects from the treatment.**