

# Prolotherapy

This handout provides information about what you might expect to happen following prolotherapy. It is provided as a general guide and does not replace specific medical advice, which should be sought if you have concerns.

**If you received a light sedation for your procedure today, you should not drive, sign documents or make important decisions for the next 24 hours.**

Prolotherapy is an injection-based therapy for chronic musculoskeletal pain. The procedure works by prompting the body's natural repair mechanisms to heal injured or weakened joints, ligaments and tendons.

## Post Procedure Information

- Once the local anaesthetic wears off you may experience some discomfort from the needle sites.
- You may experience stiffness, bruising, swelling, and an increase in your pain for a week or two following the procedure. Applying heat packs may give you some comfort. You may also take simple analgesics.
- It is very important that you do not take any form of anti-inflammatory medication (such as Advil, Nurofen or Mobic) for the full three months of the series of injections.
- You may resume normal activities as soon as you feel ready, unless directed otherwise.
- It may take up to six to eight hours before you feel the full benefit of the injections.

## FOR ANY CLARIFICATION OR CONCERNS RELATED TO THE PROCEDURE:

Please phone: 03 9595 6111 (during clinic hours) | E-mail: info@metropain.com.au  
After Hours Emergency Phone: 1300 070 345

If the pain seems extreme or there are any signs of general illness including a fever, nausea or other specific concerns, contact the Clinic, visit your GP or proceed to your nearest Emergency Department.