

POST INJECTIONS TIPS

## PROLOTHERAPY (Hyperosmolar Dextrose)

You may have some pain and swelling after your hyperosmolar dextrose injection. You can apply ice for 10 minutes every 2 hours or take Tylenol (acetaminophen) only. **The use of anti-inflammatory drugs including Advil and Motrin (ibuprofen) is strictly prohibited**, since they prevent the acute inflammatory reaction necessary for healing. The application of ice is allowed. The pain can last up to 3 days.

You must refrain from using the injected limb for a minimum of 7 days. Always go back to exercise gradually.

Redness that appears immediately after an injection is an inflammatory reaction. Redness that persists for 3 days after the injection is often a sign of infection. This can happen despite the precautions taken to promote asepsis. In this case, you should immediately notify Dr. Ducasse at **450-534-3968** or **info@dreducasse.com**.

The pain must always remain below a threshold of 3 out of 10 (10 out of 10 being the most intense pain) when resuming exercise. Otherwise you risk going back to chronic pain, which is undesirable.

You should start a physiotherapy program two weeks after the injection.

Please schedule a follow-up appointment, three to five weeks after the hyperosmolar dextrose injection. Dr. Ducasse will do another treatment if necessary. Four to six treatments are usually required.

For more information, contact us at [info@dreducasse.com](mailto:info@dreducasse.com)

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