



1350 W. Walnut Hill Ln, Suite 100
214-560-2000 Ph
214-560-2555 Fax

Prolotherapy Treatment Instructions

You have decided to do a prolotherapy procedure. Prolotherapy involves injecting dextrose 50% diluted to 25% for the treatment. This treatment takes time and the effects are not immediate. It usually requires 3-5 treatments one month or 30 days apart for full effect of tightening ligaments or repairing them. The success rate is typically around 80% or higher but not 100%.

We require a \$50 payment for the dextrose 50% vial which is not covered by insurance.

Requirements/Instructions:

- Limit or quit smoking as it reduces stem cell function
- Must be steroid free for about 2 weeks before injection
- Must not be on meloxicam, steroids, ibuprofen, naproxen, etc. during the month after injection
- Any new injury will draw away the stem cells leading to a poor outcome.
- Do not expose area to heat for 72 hours.

I agree with all the above:

_____ Date: _____