



## **PRP Injection Patient Instructions**

- **\*\*\*PLEASE DO NOT APPLY ICE FOR THE FIRST 72 HOURS AFTER YOUR INJECTION\*\*\***
- After your first 72 hours, you may apply ice to the injection site for 20 minutes every 2-3 hours.
- Keep your wound clean, dry and covered with a Band-Aid for 12-24 hours after your procedure. You may shower at any time.
- It is not uncommon for patients to experience a post-injection flare due to the immune system being hyper-stimulated. This may make the first 24-48 hours after the injection very painful. If you start getting very sore within a few hours after the injection, please begin using your pain medication. It is much easier to stay ahead of pain, rather than trying to wait and catch up. This allows you to actually use less pain medication in the long run.
- **\*\*\*DO NOT use any prescription or over the counter anti-inflammatory medicines** such as Aspirin, Motrin, Advil, Ibuprofen, Aleve, Naprosyn, Naproxen, Voltaren, Diclofenac, Meloxicam, Mobic, Celebrex, Daypro, Feldene, Lodine, Orudis and Ansaïd for 3-4 days prior to the procedure. Ideally, we would like you to avoid the use of these medications for 2 weeks.
- Prednisone or any other oral or inhaled corticosteroid medications must be discontinued 3 weeks prior to and 4 weeks after any of these procedures.
- You may use Tylenol or Tramadol as needed for discomfort
- Call the physician if you develop drainage from the injection site, bleeding, or fever.
- You may experience some localized swelling and bruising at the injection site that will take 3- 7 days to resolve
- In general, for upper extremity procedures do not do any repetitive motion, pulling, tugging, grasping or gripping with the upper extremity until re-evaluated at your next visit.
- For lower extremity procedures such as injections into the hip, thigh, knee, ankle, and foot, you will likely need to use crutches for a day or so depending on the amount of discomfort that you have post-procedure.
- After treatment it may take up to one month for noticeable improvement in your symptoms.
- Repeat treatments depend on your condition. The interval between each treatment is 1-2 months.