

PRP AFTERCARE INSTRUCTIONS:



*****PLEASE DO NOT APPLY ICE OR TAKE ANTI-INFLAMMATORIES 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.
- DO NOT TAKE ANY PRESCRIPTION OR OVER THE COUNTER ANTI-INFLAMMATORY MEDICINES SUCH AS ASPIRIN, MOTRIN, ADVIL, IBUPROFEN, ALEVE, NAPROSYN, VOLTAREN, DICLOFENAC, MELOXICAM, MOBIC, CELEBREX, DAYPRO, FELDENE, LODINE, NSAIDS...ETC., FOR 3-4 DAYS PRIOR TO THE PROCEDURE.
- IF ANOTHER PHYSICIAN WOULD LIKE TO PUT YOU ON A NEW MEDICATION OR IF YOU ARE NOT SURE IF THE MEDICATION SHOULD BE TAKEN, PLEASE CALL THE OFFICE: 949)766-8505
- YOU MAY USE TYLENOL (ACETAMINOPHEN) OR ULTRAM (TRAMADOL) AS NEEDED FOR DISCOMFORT.
- KEEP THE WOUND CLEAN, DRY, AND COVERED WITH A BANDAID FOR 12-24 HOURS AFTER YOUR PROCEDURE. YOU MAY SHOWER ANYTIME.
- PATIENTS MAY EXPERIENCE A POST INJECTION FLARE DUE TO YOUR 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 THE PAIN, RATHER THAN TRYING TO WAIT AND CATCH UP. THIS ALLOWS YOU TO ACTUALLY USE LESS PAIN MEDICATION IN THE LONG RUN.
- YOU MAY EXPERIENCE SOME LOCALIZED SWELLING AND BRUISING AT THE INJECTION SITE THAT WILL TAKE 3-7 DAYS TO RESOLVE.
- CALL THE PHYSICIAN IF YOU DEVELOP DRAINAGE, OR BLEEDING FROM THE INJECTION SITE, OR A FEVER.
- YOU WILL BE GIVEN INSTRUCTIONS PRIOR TO LEAVING THE PROCEDURE ON WHAT SORT OF PHYSICAL ACTIVITY YOU MAY OR MAY NOT ENGAGE IN.
- YOU WILL LIKELY BE FIT WITH A BOOT, AND MAY REQUIRE THE USE OF CRUTCHES DEPENDING ON THE AMOUNT DISCOMFORT YOU HAVE POST-PROCEDURE.
- IT IS RECOMMENDED IF HAVING THE PRP INJECTION ON YOUR DRIVING FOOT, TO HAVE A RESPONSIBLE DRIVER TAKE YOU HOME.

PLEASE CALL THE OFFICE WITH ANY QUESTIONS OR CONCERNS: 949)766-8505