

Platelet-Rich Plasma Post Procedure Guidelines

Please read the following steps carefully. Expect to have an increase in pain for 1-2 weeks after the injection. No vigorous activity for 1 week following the injection.

0-3 Days Post PRP:

- It is highly recommended that the patient rest the day of the procedure.
- **DO NOT APPLY ICE TO THE INJECTION SITE**
- Mild to moderate post-procedure pain can happen. Significant post procedure pain will typically resolve during the first few days after the procedure. If you are experiencing post procedure pain, you can take Tylenol as needed.
- DO NOT TAKE anti-inflammatory medications such as; Advil, Motrin, Ibuprofen, Aleve, and Aspirin, for at least 2 weeks after your procedure.
- DO NOT TAKE blood thinners or any herbs, supplements or vitamins 3-4 days after your procedure.
- DO NOT TAKE oral corticosteroids for at least 2 weeks following your procedure.
- Do not take hot baths or go to saunas during the first few days following your procedure.
- Avoid smoking. Smoking delays healing and can increase the risk of complications.
- Drink at least 64 ounces of water daily to help your heal properly. Water does not mean tea, coffee or soda.

3-14 Days Post PRP:

- At this point you should gradually start increasing your daily activities and increase your exercise. To maximize the effects of the procedure, proper exercise is necessary.
- If you are still experiencing pain, continue you can take Tylenol as needed.
- DO NOT TAKE oral corticosteroids for at least 2 weeks following your procedure.
- DO NOT TAKE anti-inflammatory medications such as; Advil, Motrin, Ibuprofen, Aleve, and Aspirin, for at least 2 weeks after your procedure.

WHEN TO CALL: Call if you have any of the following symptoms: fever to 102F degrees or greater, increasing redness, increasing pain, increasing numbness, discoloration of your toes, nausea and vomiting. These could be signs of a postoperative infection or complication and you might need evaluation.