



## **Platelet Rich Plasma After Care Instructions**

The purpose of your platelet rich plasma injection is to stimulate the release of growth factors in the area being treated.

It is common to feel some pain and discomfort for 24-48 hours after injection.

After the first 2-3 days, the soreness will start to subside, and it is important to listen to your body.

If you have had your shoulder or elbow injected, gentle range of motion is recommended, but intense activity, heavy lifting, or overexertion should be avoided for 3-5 days (listen to your body).

If you have had your knee injected, you need to rest for 24 hours, and then resume normal activity as tolerated, but avoid any jumping or running for at least 2 weeks.

Please use caution with activity. You should use PAIN as your guideline, and limit activity early on in your recovery. Get up and walk frequently. "MOTION IS LOTION!"

***#1 Rule of Recovery is: If it hurts – DON'T do it***

**Do not use any medication** containing ibuprofen, naproxen, aspirin, or other prescription anti-inflammatory medicines such as Motrin, Advil, Aleve, Diclofenac, Mobic, or Celebrex for 7 days after the procedure.

You may use topical pain cream, Tylenol, and ice to control pain.

PRP takes time to work, it is normal not to notice a difference after just 1 treatment. A series of 3 injections, 2-3 weeks apart is recommended and results will vary from person to person.

***Please call our office with any questions you have.***