

## **PRP POST-TREATMENT INSTRUCTIONS**

**Please carefully read and follow these Instructions prior to your PRP treatment.**

Please carefully read and follow these Instructions after your PRP treatment. There are minimal restrictions after your PRP injections allowing you to return to your daily activities almost immediately.

Do **NOT** touch, press, rub, or manipulate the treated area(s) for at least 12 hours after your treatment.

**AVOID:** Aspirin, Motrin, ibuprofen, Aleve (all non-steroidal and steroidal anti-inflammatory agents), curcumin, turmeric, Gingko biloba, garlic, flax oil, cod liver oil, vitamin A, vitamin E, or any other essential fatty acids at least **3 days -1 week prior** to and after your treatment. Remember, we are creating inflammation. This includes pain gels such as Voltaren and Salonpas, etc. for pain relief.

If you experience discomfort or pain, you may take Tylenol or other acetaminophen products.

You **may apply heat**, if you wish, to the injected area for 20-30 minutes after the procedure, but we would prefer if you can refrain from this. **Do not apply ice to treated area!**

Do not wash or take a shower for at least 6 hours after your treatment.

Do not use any lotions, creams, or make-up for at least 6 hours after your treatment.

**AVOID:** Vigorous exercise, sun, and heat exposure for at least 3 days after your treatment.

**AVOID:** Alcohol, caffeine, and cigarettes for 3 days before and after your treatment.

Smokers do not heal well, problems recur earlier, and results may take longer.

Drink plenty of water for 2 weeks (10 cups per day)

You can return to physical therapy 7 days after treatment.

You may return to the gym 10 days after treatment.

It is normal to experience: Bruising, redness, itching, soreness, and swelling that may last from 3-10 days following your procedure. **Important reminder: There should be no fever or purulent discharge (pus) from the site. If there is, please contact us immediately.**

### **When to Call Your Doctor:**

- Temperature over 101 degrees.
- Persistent headache.
- Urinary retention (difficulty urinating).
- Any new excessive numbness in the arms or legs lasting more than 24 hours.
- Increased pain not relieved by pain medications or ice 48 hours.
- Weakness.
- Redness/swelling/discharge at the injection site.
- **If you are unable to contact your doctor and feel it is an emergency, CALL 911.**
- **NOTIFY YOUR PHYSICIAN OR CALL 911 IMMEDIATELY IF YOU EXPERIENCE ANY SHORTNESS OF BREATH, PAIN OR INSPIRATION, LOSS OF BOWL/BLADDER CONTROL/SUDDEN ONSET SEVERE WEAKNESS OF AN EXTREMITY**

Please call our office should you have any questions or concerns regarding your PRP treatment or aftercare.