

Platelet-Rich Plasma (Post-Procedure) Guidelines

Please read the following steps carefully. 0-3 Days Post PRP Injection:

- It is highly recommended that the patient rests the day of the procedure. The next two days the patient should focus on limited use of the injected area. Gentle range of motion (movement) is encouraged. • DO NOT apply ice to the injection site for the first 72 hours after the injection. Ice can then be applied to the area of injection for 15-20 minutes, 3-4 times a day, as needed for comfort
- Mild to moderate post-procedure pain can happen in the injected area. 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, per package recommendations.
- DO NOT TAKE anti-inflammatory medications such as; Advil, Motrin, Ibuprofen, Aleve, Naproxen, Meloxicam, for at least 2 weeks after your procedure.
- DO NOT TAKE blood thinning herbs, supplements or vitamins 3-4 days after your procedure.
- DO NOT TAKE systemic steroids such as; Prednisone, Hydrocortisone, etc. for at least 2 weeks following your procedure (this plan will need to be discussed with your primary care provider prior to procedure).
- Do not take hot baths or go to saunas during the first few days following your procedure.
- Avoid showering for 24 hours following your procedure. • Do not consume alcoholic beverages for the first 7 days following your procedure. 460 River Ave, Williamsport, PA 1770 - 3832 Yalick Plaza, Dallas, PA 18612
- Avoid smoking. Smoking delays healing and can increase the risk of complications.
- Drink at least 64 ounces of water daily to help you heal properly. Water does not mean tea, coffee or soda. If you are on a diuretic medication (water pill) please drink what is allowable for you. 3-14 Days Post PRP Injection
- 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. • Continue to avoid alcohol for at least 7 days after your procedure.
- DO NOT TAKE systemic steroids such as; Prednisone, Hydrocortisone, etc. for at least 2 weeks following your procedure (per your designated plan).
- DO NOT TAKE anti-inflammatory medications such as; Advil, Motrin, Ibuprofen, Aleve, Naproxen, Meloxicam for at least 2 weeks after your procedure. 3-4 Weeks Post PRP Injection
- At this point after your procedure, we highly recommend starting physical therapy to aid you in the healing process and help your body fully heal the affected joint(s). A follow up appointment with your Northeast Knee and Joint Institute provider will be made and any adjustments to your customized treatment plan based will be made to give you the best opportunity for an excellent outcome.

- If you have any questions along the way it would be our pleasure to discuss them with you. We look forward to working with you on your journey to improved health

After care following PRP Injection

- It is suggested to go home and not go back to work or run errands the same day
- Ice should be applied to the area of injection for about 20 minutes, 3 times a day for the next 48 hours
- For foot/ankle/elbow/hand injections DO NOT TAKE anti-inflammatory medications for the next two weeks
- Pain in the injection site is normal and to be expected
- Avoid vigorous or strenuous activities for the first 3-4 days for shoulder and knee, 7 days for elbow/hand, and 14 days for foot/ankle, then as tolerated
- Upper extremity (shoulder/elbow): Start physical therapy if prescribed 3-4 days after injection or resume activities as tolerated. A sling should be worn for 1 week for elbow injections
- Knee (joint/patellar tendon): Start physical therapy if prescribed 3-4 days after injection or resume activities as tolerated.
- Foot/Ankle (joint/Achilles and other tendons/planter fascia): A cam walker boot should be worn for 3-4 days, crutches as needed, then physical therapy should start