



## **Post-Operative Instructions for Platelet Rich Plasma Injection**

### **General Instructions**

Most of our procedures are performed under sedation. You may feel lightheaded, dizzy, and fatigued. Sedation may impair your judgement and coordination. We recommend:

- **Do Not** sign any legal documents or make any important decisions for 24 hours.
- **No** alcoholic beverages for 12 hours and/or while taking pain medications.
- **Do Not** drive, operate other motorized vehicles, or operate heavy machinery today, or while taking pain medication.
- We recommend that a responsible adult should remain with you for the remainder of the day for your safety and to assist you.
- Advance to a normal diet as tolerated.
- Avoid strenuous activity or exercising; we recommend that you go home and **rest** for 24 hours. This will help maximize the benefits of the injection.
- Avoid baths, pools, hot tubs, and the ocean for 72 hours.
- You may shower the day after your procedure.
- You may remove your band-aid or dressing tomorrow.
- **PRP** is not a quick fix. It may take up to 3 months for your body to respond and regenerate before you feel relief.

### **Medications**

- Patients who received an **Allograft / PRP** injection should **not** take NSAIDS for 6 weeks.
- You may take Tylenol for discomfort.
- Take pain medicine with food: as prescribed by MD for pain.
- Resume your blood thinner tomorrow, If Applicable.
- Resume all your normal medication, unless otherwise instructed by your physician.

### **Ice / Heat**

- You may experience some discomfort at the injection site for 1-2 days. We recommend **NO** ice or heat at all. However, if you cannot tolerate the discomfort, you may use **ice** for the first 24 hours. Apply to injection site for 10-20 minutes, remove for 20 minutes to allow skin to return to normal temperature. No heat unless cleared by your physician.

### **Follow-up Appointment**

- An appointment should be made for you to be seen 7-14 days post-operatively. Please call your doctor's office to set this up or if you have any questions regarding date/time.

**Signs and Symptoms to Report to your Doctor; if you are unable to reach your doctor we recommend going to a nearby hospital for medical treatment.**

- Fever greater than 101 degrees.
- Shortness of breath or difficulty breathing.
- Redness, swelling, or excessive bleeding.
- Persistent nausea or vomiting.
- If you experience out of control pain or severe headache ie: pain that is not relieved with your prescription pain medications.