



Post-Operative Instructions for Allograft and 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.