



## **PRP Injection Treatment Post-Care Instructions:**

Your body is now beginning the healing process stimulated by your own platelets and growth factors. Please follow these guidelines to optimize your recovery and results.

### **1. Activity & Movement**

- Rest the treated joint for the first **24–48 hours**. Light activity is allowed, but avoid strenuous exercise, heavy lifting, or high-impact activities.
- Gradually return to normal activity as tolerated. Your provider may recommend physical therapy to support recovery.
- Avoid soaking the injection site (hot tubs, baths, pools) for **24 hours**. Showers are fine.

### **2. Pain & Discomfort**

- Some soreness, stiffness, or mild swelling at the injection site is common and usually lasts a few days.
- Apply ice packs wrapped in a towel for **15–20 minutes at a time** if needed for comfort during the first 24 hours.
- **Do not use NSAIDs (ibuprofen, naproxen, aspirin, etc.) for at least 7 days** after treatment, as they can interfere with healing.
- Acetaminophen (Tylenol®) may be taken if needed for pain relief.

### **3. Medications & Supplements**

- Resume prescribed medications unless directed otherwise by your provider.
- Avoid blood-thinning supplements (fish oil, ginkgo, vitamin E) for at least 7 days after treatment unless recommended by your physician.

### **4. Hydration & Nutrition**

- Continue to drink plenty of water to stay hydrated.

- Eat a balanced diet rich in lean protein, fruits, and vegetables to support tissue repair.

## **5. Injection Site Care**

- Keep the area clean and dry for the first **12–24 hours**.
- Mild redness or bruising may occur and should resolve within a few days.
- Do not apply topical creams, lotions, or heat packs to the area for at least 24 hours.

## **6. Healing & Results**

- PRP therapy works by stimulating your body's natural healing response. Improvements are usually gradual, occurring over several weeks to months.
- You may require a series of treatments for best results. Your provider will discuss a personalized treatment plan.

## **7. When to Call Your Provider**

Contact the clinic if you experience:

- Increasing pain, swelling, or redness at the injection site
- Fever or chills
- Difficulty moving the joint beyond expected soreness
- Any other concerning symptoms