



PRP Knee Injection Treatment Post-Care Instructions:

IMMEDIATELY AFTER YOUR INJECTION (FIRST 24–48 HOURS)

- **Mild discomfort or swelling is normal.**
You may feel soreness, stiffness, or a “full” feeling in the knee. This usually resolves within a few days.
- **Avoid anti-inflammatory medications.**
Do **not** take NSAIDs such as ibuprofen (Advil), naproxen (Aleve), or aspirin for at least 5–7 days. These can interfere with the healing process.
→ **Tylenol (acetaminophen)** is safe for pain relief.
- **Use ice cautiously.**
If advised by your provider, apply ice for 10–15 minutes at a time to reduce swelling. Avoid prolonged icing as it may hinder PRP activity.
- **Keep the area clean and dry.**
You may shower after 24 hours, but avoid submerging the injection site in baths, pools, or hot tubs.

ACTIVITY GUIDELINES

- **Limit strenuous activity for 2–3 days.**
Avoid high-impact exercise, running, or heavy lifting.
- **Light movement is encouraged.**
Gentle walking or basic range-of-motion exercises support circulation and healing.
- **Avoid physical therapy, massage, or chiropractic adjustments** near the joint for at least 5–7 days unless specifically instructed otherwise.

HEALING TIMELINE & EXPECTATIONS

- **Healing is gradual.**
You may begin to feel improvement around **2–4 weeks**, with continued progress over **8–12 weeks**.

- **Repeat treatments may be needed.**

Many patients benefit from a series of **1–3 injections spaced 4–6 weeks apart.**

WHEN TO CONTACT US

Please call us immediately if you experience:

- Severe pain not relieved with Tylenol
- Increasing redness, warmth, or swelling
- Fever over 100.4°F (38°C)
- Drainage or foul-smelling discharge from the injection site