



## HOME CARE INSTRUCTION AFTER PRP THERAPY

### AFTER THE PROCEDURE

- Following the procedure, you can resume your daily routine activities but **avoid** strenuous activities such as heavy exercise or lifting.
- You may experience **some pain** during the injection which may last for a couple of days.
- Apply ice packs or Cold compresses
- **Anti-inflammatory medications are to be avoided for up to 7 days after the injection**, as they can affect the platelet function.

### ACTIVITY

- Take it easy today! REST for 24 hours. Then, increase activity as tolerated.
- If you have weakness or numbness anywhere caused by the pain block, limit activity until sensation returns to normal.
- You may take a shower the next day and remove the band-aids.
- Avoid tub baths, whirlpools and swimming pools for the next 2-3 days.

### DIET & MED

- Drink plenty of fluids and resume normal diet as tolerated.
- Resume your medications as instructed including pain medication.
- **Anti-inflammatory medications should be avoided for up to 7 days after the injection**, as they can affect the platelet function.
- Resume “Blood Thinners” Plavix, Coumadin, ASA, ect as scheduled.
- You may take extra Tylenol if pain at the injection site persists.

### WHAT TO EXPECT AFTER THE PROCEDURE

- You may experience increased pain for 24 hours to 5 days after the injections, or a stiff, full, tight feeling. This is normal. Use ice as needed.
- You may have bruising at the injection site. If so, apply ice.

### NOTIFY YOUR DOCTOR IF ANY OF THE FOLLOWING OCCUR at (888) 987-2727

- Any skin rashes, hives, shortness of breath, or wheezing.
- An increase in your level of pain unrelieved by regular means. Persistent nausea or vomiting.
- Persistent headache which worsens upon sitting or standing if the PRP injection was done on your spine.
- Chills/fever (temperature greater than 101 F).
- To help us check the results of your pain block, please note if and when your pain returns. Also, record the time you begin taking any pain medications.
- Any other questions/concerns call the doctor’s office at (888) 985-2727

### FOLLOW UP

- You should have a follow up appointment within 2-3 weeks. Please call the office at (888) 985-2727 for a follow up appointment.
- Please try to remember quality of pain relief (0 % ~ 100 % pain relief) and the duration (3 hours, 1 day, 14 days, etc.)