

Platelet Rich Plasma After Care Instructions

The purpose of your platelet rich plasma procedure is to stimulate the release of growth factors in the area being treated.

#1 RULE OF RECOVERY IS: IF IT HURTS, DON'T DO IT!

- It is common to feel some pain and discomfort for 24-48 hours after injection.
- You may be numb in the areas treated for 4-6 hours after the procedure.
- After the first 2-3 days, the soreness will start to subside, it is important to listen to your body.
- Due to the numbness we ask that you refrain from any strenuous activities but **STAY** as mobile as possible. Get up and walk frequently. "MOTION IS LOTION!" If some of the local anesthetic should wash out into the tissues surrounding some of the larger nerves, you may notice weakness and numbness of part of a limb. Be assured this is transient and should not be a cause for undue concern.
- Do not use any medication containing ibuprofen, naproxen, aspirin, or other prescription anti-inflammatory medications such as Motrin, Advil, Aleve, Voltaren, Mobic, or Celebrex for 7 days after treatment. You may take Tylenol (acetaminophen) up to 4 g daily or use a topical pain cream.
- You may use ice, adequately insulated, as needed for pain and/or swelling (10 minutes to cool the skin, repeat every 2-3 hours as needed). Be sparing of your use of ice beyond 3 weeks post injection.
- You may experience the "roller coaster" syndrome where you feel great one day and for no apparent reason the area treated starts to hurt again, this is normal in the healing process.

If you have any questions, please call our office.

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