



PRAIRIE

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After Your PRP Injection

What do I do now?



- Keep the bandage on for the rest of the day.
- Avoid having a bath, using a hot tub, or going swimming for 2 days. Showering is OK.
- Soreness, stiffness, mild bruising, and muscle cramping may occur at or around the injection site.
- Apply ice to the injection site as needed to relieve pain. Tylenol (325mg or 500mg) can be taken every 4-6 hours if pain is persisting. Please avoid alcohol and anti-inflammatories (Advil/ibuprofen, Aleve/naproxen, Celebrex, etc.).

What can I expect?



- Your pain will likely be worse for a few days. This is normal. The injection typically takes 4-8 weeks to take effect.
- As a result, take it easy for 1 week. For instance, if you received an injection in your elbow, avoid heavy lifting. If you received an injection to your knee or achilles, avoid stressing the area.

What do I monitor for?



- PRP injections can sometimes cause a temporary flare in pain and inflammation. This lasts for up to 1 week after the injection and then should gradually improve. Again, try ice and Tylenol to help with the pain.
- There is a small chance of getting an infection (around 1 in 10,000) due to an injection. Symptoms may include:
 - Increasing pain, swelling, warmth, or redness that lasts more than 48 hours
 - Red streaks coming from the injection site
 - Pus draining from the injection site
 - Fever >37.8°C
- If you develop any of these symptoms, you are to call our office immediately or present to the nearest Hospital/Emergency Department for urgent assessment.