

Platelet Rich Plasma (PRP) Aftercare

1. You may experience severe pain for 24-48 hours after the procedure, we recommend taking a pain reliever such as Tylenol as needed and using an ice pack if there is any swelling. Please do not take any anti-inflammatory for 2 weeks. After the first 2-3 days, the pain should calm down. You will start to have good days, then sore days and this is a good response.
2. Do NOT smoke.
3. Please restrict your movement in that area of the injection. No repetitive movement or stress to the area for 2 days. Then slowly incorporate usual activity.
4. Activity:
 - For PRP in the arm, wrist or shoulder, do not pull, tug, grasp, and lift weight or grip with the arm, wrist or shoulder for six weeks. Also, do not do any motion again and again.
 - For PRP in the hip, knee, ankle or foot, use crutches for a day or more until you can walk without the pain getting worse
5. If you have any issues or excessive pain please call Oregon Imaging Centers at 541-687-7134 ext.1031. If you are needing assistance after 5:30pm, please contact Radiology Associates 541-284-4016, explain your procedure and ask to talk to the on-call radiologist.
6. We will telephone you 2 weeks to see how you are doing post procedure.

We will re-evaluate your progress after two weeks, 6 weeks and 3 months. If you have had the condition for a long time, it will likely take several PRP treatments to reverse it and get it back to pain-free full activity. If more injections are needed, they are usually done about every 4-8 weeks.

Radiologist performing your biopsy: _____M.D.