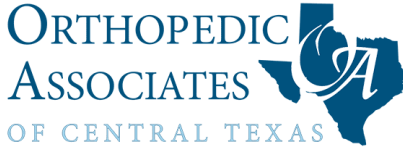


Platelet Rich Plasma Post Treatment Instructions



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- You may be very sore in about 45 minutes, and this does not mean that anything is going wrong.
- Bruising is not uncommon.
- After the first 2-3 days, the pain should calm down. You will start having “good days and bad days” where you have more and less soreness. This is a good response.
- **Medication**
 - Use tramadol 50 mg tablets (1 tablet every 4 to 6 hours as needed for pain). Stay “ahead” of the pain and don’t wait for it to get bad. These pills may make you drowsy. If they do: you should not drive or do any activity where you may hurt yourself or someone else.
 - DO NOT USE NON-STEROIDAL ANTI-INFLAMATORY DRUGS (NSAIDs) (like ibuprofen or naproxen), or Aspirin for at least the next two weeks. This is very important and may negate the effects of the therapy. (If you have a prescription for aspirin for a medical condition talk to me about it as your aspirin may be too important to stop.) Do not smoke tobacco.
 - You may use Tylenol. Use as recommended on the bottle.
- **Activity**
 - For the first 2 days, no activity, rest only, but gentle movement of the joint is recommended.
 - For leg injections, you may need crutches for a few days. You may discontinue the crutches when you are no longer limping.
 - Around 2 weeks after the injection, you may be instructed to start physical therapy. A prescription will be provided if this is part of the plan.
- If there is little or no change following one injection, a second injection may still result in significant improvement. Depending on the location of the injection, a series of 3 may be recommended with them spaced out every 1-2 weeks.
- There are many factors that may influence a patient’s response to the injection. These include, but are not limited to, a patient’s platelet levels, age, current tobacco use, general health, as well as adherence to the post-PRP rehabilitation protocol and overuse of the affected area after the injection.
- **Follow-up** in _____. Make this appointment at the front desk today.
- **Other Plans:** _____