

POST PRP INJECTION INSTRUCTIONS

HOME CARE INSTRUCTIONS



- We advise only using Tylenol for discomfort. Please refrain from NSAIDS for 2 weeks due to their negative affect on treatment outcomes.
- Limit your physical activity for 1 week. You can perform regular activities of daily living, but avoid purposeful exercise stressing the area of injection.
- After 1 week you can slowly progress activities over the next 2-4 weeks. Physical therapy may begin after 1 week. Full activity may restart after 4 weeks.
- You can use ice or cold on the area, if needed, but only temporarily since we want inflammation to occur.
- Wait at least 24 hours, or until the broken skin from the needle has healed, before submerging or soaking in a body of water, as this may increase your chance for infection. Showers are permitted, but please dry the area completely afterwards.
- If you were given a brace, or already have one at home, please wear this for 2 weeks after treatment.

RISKS AND COMPLICATIONS



Reaction to your own blood is rare, but possible. Most of the risks below are due to the needle puncturing the skin, as seen with any injection.

- Slight bruising of the skin at the injection site
- Bleeding from the injection site (minimal)
- Swelling of the joint/area (usually better within a few days)
- Increase in pain after the shot
- Infection (RARE) of the injection site
- Rare allergic reaction to the anticoagulant ACD-A (Citrate Dextrose)

SEEK MEDICAL CARE IF



- There is discolored drainage from the puncture area.
- You develop a fever.
- The area is suddenly red and warm, and you have trouble moving the joint.

FOR MINOR SIDE EFFECTS OR QUESTIONS:

If you develop any minor side-effects, listed or not, or if you have questions about risks/complications, please contact us during business hours at 919.719.2270 or clinical@carolinanonsurgicalortho.com.

FOR SERIOUS SIDE EFFECTS AFTER HOURS/WEEKENDS: After business hours please seek help at a local urgent care, or ER, or call 911 if you cannot drive.



919.719.2270



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