



## **ABOUT YOUR PRP INJECTION**

You have been given an injection of Platelet Rich Plasma (PRP) in effect to decrease the inflammation and stimulate healing of the affected tissues. Following the injection, we ask that you refrain from use of NSAIDs (Aleve, ibuprofen, etodolac, etc) for 48 hours. We also ask that you avoid high impact activities or strenuous exercises with the affected/treated extremity for 24-48 hours following PRP.

In the hours to days after your injection, you may experience one of the following:

1. Good relief of the pain you experienced after the injection.
2. No change.
3. An increase of pain compared to before the injection.

If you have soreness, don't panic! This is the result of tissue irritation from the blood products and needle and the fact that your body has not yet absorbed the plasma.

For relief, place ice on the affected area for 20 minutes at a time, allowing for 1 hour breaks between icing. An ice pack or frozen peas/corn usually does the trick. Be sure to place a washcloth or some type of cloth between the ice pack and skin to act as a protective barrier.

You may also experience skin discoloration around the injection site, but this should resolve. If this develops, please let the doctor know.

Everyone's body absorbs plasma at different rates. Unfortunately, there is no way for us to predict how quickly/slowly your body will respond. Depending on the number of PRP injections required to treat your condition, you may experience relief between injections or up to 4 weeks after your last injection. If you have any questions, please don't hesitate to contact the office at (469) 200-2832.