

# PLATELET RICH PLASMA (PRP) POST INJECTION AFTERCARE

## WHAT TO EXPECT IMMEDIATE POST PROCEDURE:

JOINTS	TENDONS
<ul style="list-style-type: none"> <li>Localised swelling and bruising may last 3-7 days.</li> <li>1 in 20 may experience a post-injection flare due to your immune system being hyper-stimulated. This is normal but may cause worsening pain and can occasionally be quite severe.</li> </ul>	<ul style="list-style-type: none"> <li>Pain may last up to two weeks because during the procedure the tendon is treated with multiple passes of the needle into the tendon as PRP is injected to assist healing.</li> </ul>

## IMMEDIATE POST-PROCEDURE:

<p><b>MEDICATION</b></p>	<ul style="list-style-type: none"> <li>Take paracetamol for 2-3 days after PRP joint injection, up to 7-10 days for tendons initially 6 hourly then as required.</li> <li>Refrain from NSAIDs, aspirin, Advil, Mobic or any other anti-inflammatory medication for the 1-2 weeks after the procedure.</li> </ul>
<p><b>ICE APPLICATION</b></p>	<p>Application of ice is discouraged as it reduces inflammation, however if the pain is severe especially in the case of tendons apply ice for 20 min every 2 hours to reduce swelling.</p>
<p><b>COMPRESSION</b></p>	<p>Compression bandage can be used for support.</p>
<p><b>AVOID</b></p>	<p>Spa, saunas, pools, swimming due to risk of infection for up to three days after the procedure.</p>

**ACTIVITY AFTER PRP, ADJUST ACTIVITIES TO PREVENT OVEREXERTION.**

<b>FIRST 24-48 HOURS</b>	<ul style="list-style-type: none"><li>• Rest for the treated area</li><li>• Refrain from any activity beyond essential daily tasks- shower, dressing cooking etc</li><li>• If the injection is in the hip, knee, ankle or foot, minimise walking and consider using crutches/walking aid if walking causes discomfort.</li></ul>
<b>WEEK 1</b>	Gentle range of motion
<b>WEEK 2</b>	<ul style="list-style-type: none"><li>• Gradually resume normal activities but be cautious to avoid actions that may intensify pain in the injected areas.</li><li>• Strengthening exercises</li></ul>
<b>WEEK 3-5</b>	<ul style="list-style-type: none"><li>• Progressive Rehabilitation</li><li>• Increase strengthening/gradually increase intensity</li><li>• See a physiotherapist for guided therapy.</li></ul>
<b>WEEK 6</b>	Return to normal activity

**\* Patients are strongly encouraged to promptly notify their referring doctor in the event of severe pain, redness, fever or any indications of infection at the injection site. Such situations may necessitate additional evaluation and management, potentially involving the administration of oral or intravenous antibiotics.**

## LOCATION

**DERRIMUT VILLAGE SHOPPING CENTRE**  
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