

DiCesare Orthopedic Medicine  
POST PRP PROCEDURE DISCHARGE INSTRUCTIONS

- PRP works by stimulating your soft tissue to heal. Therefore:
  - It will cause an increase in your pain for a few days to 2 or 3 weeks
  - You may get bruising (old blood under your skin) and local swelling
  - It takes months to notice results (new tissue takes at least 2 months to begin growing)
- **Do not use prescription or over the counter anti-inflammatory medications (aspirin, ibuprofen, Advil, Aleve, naproxen, diclofenac, Voltaren, Celebrex, celecoxib, etc) for at least 72 hours post injection**
- Heat is preferred to ice. You can apply heat for 20 minutes with at least 20 minute breaks in between. Movement is your friend. Try to maintain range of motion. This will help with pain and recovery. Immobilizing the joint is more likely to cause pain and stiffness.
- Prednisone or ideally other oral or inhaled steroids should be discontinued 4 weeks before and after the treatment.
- You may use Tylenol (acetaminophen) as needed following the procedure
- Call our office if you develop drainage from the injection site, bleeding, or a fever (oral temperature 100.4 or higher)
- In general, normal activity can be resumed once the acute pain from the procedure has resolved (a few days to a few weeks). If home exercises were recommended, this can often times be helpful to regenerate tissue. For optimal results, in some situations avoiding activities that recreate pain for 2 months can be helpful. It depends on your specific situation.
- For lower extremity injections, it may be recommended to use crutches for 24 hours or until you feel comfortable walking.
- You may call our office **724-261-4080** with questions or concerns