

# PRP Injection Procedure

## Discharge Instructions

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### Following the Procedure

- You may have a feeling of fullness in the area treated. There is a chance of increased “pain” 1-2 days after the procedure. The cause for the symptoms is due to your platelets working.
- You may remove the dressing/band-aid from the site in 24 hours.
- Keep the affected area immobilized for three days.
- Avoid heavy lifting (>10lbs) or strenuous activity for three days.
- Do not submerge or soak the affected area for three days after your procedure.
- You may take off the sling, boot, or brace for sleeping and showering in the first three days.
- You may begin normal movements in 4-7 days after the procedure.
- Do **NOT** take ibuprofen-like products such as Motrin, Advil, or Aleve.
- Do **NOT** put ice on the affected area.
- Slight bruising and tenderness are normal.
- If you were holding your anticoagulation or antiplatelet medications, you might resume them in \_\_\_\_\_ days.
- Contact Winchester Radiologists if you have any of the following signs and symptoms:
  - Fever greater than 101 degrees Fahrenheit.
  - Excessive redness, warmth, or discharge at the injection site.

**If you are experiencing a medical emergency, please go to the nearest emergency room.**