



POST PRP/ STEM CELL/ PROLOTHERAPY INJECTION PROCEDURE DISCHARGE INSTRUCTIONS

FLUIDS: PLEASE STAY HYDRATED BEFORE, DURING AND AFTER THE PROCEDURE.

ICE: For the first 24-48 hours you can apply topical ice for 20 mins every 2-3 hours to the injection site after this switch to topical heat.

INJECTION SITE: Keep your injection site clean, dry and covered with a Band-Aid for 12-24 hours after your procedure.

SHOWER: You may shower at any time. Avoid hot tubs and swimming pools for 48 hours.

POST INJECTION SORENESS: About 20% of patients experience post injection pain in the form of a post-injection flare due to ACUTE INFLAMMATION which is part of the initial healing cascade. This manifests as intense pain that can last 24-72 hours following the injection and typically starts within a few hours after the injection as the local anesthetic wears off. If needed you can use Tylenol or mild- moderate pain relievers during this brief period of increased pain. This may be particularly helpful for the first several nights. It is much easier to stay ahead of pain, rather than trying to wait and catch up. This allows you to actually use less pain medication in the long run. Topical T relief gel (Whole Foods/ Heritage Store) or Arnica can be helpful for local soreness or bruising. Topical application of the PPP (platelet poor plasma) is soothing.

BLOOD THINNERS: If you stopped your blood thinner prior to the procedure please restart it today.

MEDS TO AVOID: Please do not use any prescription or over the counter anti-inflammatory medicines (oral or topical) such as Aspirin, Motrin, Advil, Ibuprofen, Aleve, Naprosyn, Naproxen, Voltaren, Diclofenac, Meloxicam, Mobic, Celebrex, Daypro, Feldene, Lodine, Orudis and Ansaïd for 3-4 days prior to the procedure. Ideally, we would like you to avoid the use of these medications for 10-12 weeks. Questions about these medicines can be discussed with Dr. Barr and her clinical staff. Oral (Prednisone) or inhaled corticosteroid medications should be discontinued 2-3 weeks prior to and 4 weeks after any of these procedures. If you have concerns about this please discuss with Dr. Barr. If another physician prescribes a new medication for you and you are not sure if the medication should be taken please call the office at 757-578-2260. You may use Tylenol (Acetaminophen) or Ultram (Tramadol) or Oxycodone/Hydrocodone as needed for discomfort in the first several

days. We typically give people up to 4 days of pain medication if needed. **If you will need pain medication for several days please let us know while you are in the office as these medications cannot be called in and prescribing policies must be followed.**

Call our office if you develop redness, warmth or drainage from the injection site or a fever. You may experience some localized swelling and bruising at the injection site that will take 3-7 days to resolve.

PHYSICAL ACTIVITY: For the first two days after the procedure please limit your activities to basic activities of daily living then slowly ease back to your normal activities. If you have specific questions about your physical activity following the injection feel free to ask. In general, for upper extremity procedures do not do any repetitive motion, weight lifting, pulling, tugging, grasping or gripping with the upper extremity for at least a week. We highly recommend you ramp up your exercise over a several week period post injection. For lower extremity procedures such as injections into the hip, thigh, knee, ankle, and foot, you may want to use an ace bandage, brace or compression sleeve post injection. Depending on the severity of discomfort post-procedure you can use crutches until you can ambulate without an increase in pain. This is rarely necessary. You may drive home from the procedure if you had an upper extremity injection without a nerve block and drive an automatic transmission. We **DO NOT** recommend that you drive if you have taken pain medication. It is strongly recommended that if you have a lower extremity procedure, you have someone drive you home. Please call the office with any questions or concerns at 757-578-2260.

FOLLOW UP: Typically, we will plan to see you in follow up 3-6 weeks post injection. Some PRP injections need to be repeated. We rarely consider repeating injections prior to 6 weeks. Please make your follow up visit today.