

# PRP (Platelet Rich Plasma) Post-Procedure Guidelines

Panhandle Orthopaedics advises that all patients rest post-procedure. For the next 2 days, we encourage movement to increase platelet absorption, but recommend limited use of the injection area.

## 0 - 3 Days After

- **FOR PAIN** - Acetaminophen, such as Tylenol, can be taken as needed.
- **LIMIT ICE** to the injection site for the **first 24-48 hours**.
- **ICE THERAPY** can begin **on the 3rd** day 5-20 minutes, 3-4 times a day, as needed for comfort.
- **DO NOT TAKE** anti-inflammatory/NSAID medications for **at least 2 weeks**  
*Includes Aspirin Advil, Motrin, Ibuprofen, Aleve, Naproxen, Meloxicam, etc.*
- **DO NOT TAKE** systemic steroids such as; Prednisone, Hydrocortisone, etc. for **at least 2 weeks**.
- **AVOID** intraarticular or tendon steroid injections for **at least 6 weeks**.
- **AVOID** taking hot baths or saunas during the **first few days**.
- **AVOID** smoking and alcohol **for first 7 days**.
- **Drink plenty of water.**

## 3 - 14 Days After

- Gradually start increasing your daily activities and increase your exercise.

## 2 - 4 Weeks After

- The introduction of physical therapy, if necessary, will assist in your long-term healing and continued recovery.
- A follow-up appointment with Dr. Gilmore and the staff will be made to review your progress. **It is extremely important** that you keep this follow-up visit even if your recovery is going well.

**Feel free to contact our office at 850-407-7840 if you have any questions or concerns as you progress.**

