

Platelet Rich Plasma (PRP) Aftercare For Intra-Articular Injections

You may experience some discomfort and/or mild swelling after the procedure; we recommend taking a pain reliever such as Tylenol as needed and using an ice pack if there is any swelling. Please **DO NOT** take any non-steroidal anti-inflammatory drugs (NSAIDs) such as ***ibuprofen (Motrin), Advil, Aleve, etc.*** until you have ***finished*** your series of injections, at which point you may proceed to use NSAIDs as needed.

If you experience any signs of adverse symptoms including redness, excessive swelling and/or pain, please seek medical treatment. For other non-urgent questions or concerns, please call Oregon Imaging Centers at 458-215-4052 or email us at prp@oregonimaging.com.

You may return to daily activities at your own discretion.

Please refrain from smoking as this can cause increased inflammation and reduce the effectiveness of your PRP treatment.

In order to monitor your progress, we have asked you to complete a survey prior to your first injection. We will ask you to complete this survey again after 3, 6 and 12 months.

If your pain returns over time, you may benefit from follow-up PRP injections. Please contact us so that we may help coordinate your care.

Consult/Exam performed by: _____

Future scheduled injections:

Date/Time: _____ / _____ _____ / _____