

## **Platelet Rich Plasma (PRP) Aftercare For Intra-Tendinous Injections**

You will likely 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. The use of non-steroidal anti-inflammatory drugs (NSAIDs) such as *ibuprofen (Motrin), Advil, Aleve, etc.*, is permitted unless additional PRP injections are scheduled within the next week.

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](mailto:prp@oregonimaging.com).

Please restrict your movement in that area of the injection. You may slowly incorporate your usual activity over the first few days after your injection; however if you start to feel discomfort, it is recommended to decrease activity for a longer duration.

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

We will re-evaluate your progress after 6 weeks and 3 months. If you have had the condition for a long time, it will likely take several PRP treatments to reverse it and get it back to pain-free, full activity.

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.

Exam performed by: \_\_\_\_\_