

PRP Post-Procedure Care Instructions –Joint, Tendon

The PRP injection is a natural substance extracted from your blood. Because of this, it is fragile, and needs to be treated carefully, especially in the first 48 hours so that it can do 'its work'. Please take the time to read this information so that you can gain maximum benefit from the PRP therapy.

What to expect post injection

The PRP injection with its delivery of an abundance of growth factors to the injected site works by stimulating your body's normal healing response to an injury. However as the growth factors are more concentrated, the inflammatory and healing response is exaggerated, which can create a 'flare up' of symptoms. The target site may feel as if it has just been injured, potentially with a feeling of soreness, swelling, aching and stiff. These symptoms can last for up to 4 days and then they should ease. If you treat these symptoms with usual icing and anti-inflammatory medications, the growth factors cannot fully complete their healing function and the regenerative ability of the injection will not be as effective.

For patients who have tendon or ligament injections, please be aware that the tendon or ligament may have been temporarily weakened by the needle placement within the structures and there is a greater risk of injury if overstretching or overusing the tendon for the first week post procedure. Normal light activities are fine after first 24 hours. All patients should be aware that the PRP injection is not a "quick fix" and should be used as part of a rehabilitation and healing program supervised by your GP or specialist. Individual patients will progress at different rates depending on their age, general health, associated injuries, rehabilitation compliance and injury severity.

To maximise healing benefit from the PRP therapy we strongly recommend:

Joint and Tendon PRP patients: Week 1

- Following your procedure, rest for the remainder of the day if possible. Typically your activities of daily living are fine, but strenuous exercise and activities should be avoided for up to 2 weeks post procedure
- Ideally no ice packs are to be used, as it can minimise the effectiveness of the injection. But if rest, elevation and pain relief are not effective for controlling discomfort then an ice pack wrapped in a cloth can be applied to the area for 20 minutes, 3 times per day for the first 48 hours post injection
- If you need further pain relief, please use Panadol or Panadeine only (dose as usual for you)
- Please do not use any anti-inflammatory medication (eg: Nurofen) or topical gel (eg: Voltaren) for 10 days post procedure, or longer if possible
- Please do not take any oral steroids such as Prednisone for 10 days post procedure
- For patients who regularly take aspirin, you may resume it 48 hours after the procedure, unless otherwise directed by the attending Doctor for your procedure. For patients who have a prior cardiovascular event, aspirin or similar medications should not be stopped for the PRP procedure.

Tendon PRP patients: Week 2 – 6,

- Physiotherapy may be recommended following the procedure to help support the newly forming tissue and improve mobility of the affected area
- A supervised protocol of gentle stretching exercises in weeks 1-2, followed with mild strengthening in weeks 3-6 may be recommended
- Week 4 – It is recommended to seek a review by the Doctor who recommended the PRP injection, so they can assess your progress and improvement. Most patients will require a follow-up injection at 4-6 weeks, however this is dependent upon the initial injury type and severity

The use of Braces / Slings for protective support will be decided by the treating doctor.

- For patients who receive injections to the ankle and foot area, a supportive orthosis, such as a boot, may be recommended during the healing process.
- For upper limb injections, you may be given a brace or sling to minimise overuse of the joint.

Although infections are rare, please contact us if you experience progressive swelling, redness, skin oozing or changes, or fever, during business hours on 41971515 or you may wish to seek review by your GP, or local Accident & Emergency if after-hours.