



- William H. Megdal, M.D.
- Benjamin E. McCurdy, M.D.

PROCEDURE DATE: _____

Discharge Instructions for Platelet-Rich Plasma (PRP) Injections

Your procedure consisted of drawing your blood and separating out the platelets. The platelet-rich plasma was then injected in the damaged area with fluoroscopic guidance.

- You have steri-strips/ band-aids over the injection site. **DO NOT GET THE DRESSING WET FOR 48 HOURS.** Leave the dressing in place for 48 hours after the procedure; then you may remove the dressing.
- Expect to have pain after the procedure. On average, pain lasts approximately 3-4 days then will gradually decrease, but in some cases may last longer, up to two weeks. Some patients have no pain, but this is not a common occurrence.
- You will not feel immediate pain relief from this procedure. Joints often will start to feel some relief between 4-6 weeks. Remember, maximal improvement occurs over a period of several months, often taking three months to notice relief.
- In the first 24-48 hours you may use ice, only if needed, for pain control. After that, it is okay to ice for soreness, but this may slow down the healing, especially in tendons.
- Avoid heating the area for the first 3-4 days as this may increase inflammation and, in turn, cause pain.
- DO NOT TAKE non-steroidal anti-inflammatories (Ibuprofen, Aleve, Advil, Motrin, Goody's Powder, or any prescription anti-inflammatories) for a minimum of two weeks or up to six weeks if you can tolerate being off these medications that long.
- For your pain control, we would prefer you take the prescription medication that is provided for you. However, if you prefer over-the-counter medication you may only take Tylenol (please take as directed on label) or 81mg/ baby Aspirin.
- Avoid strenuous exercise or heavy lifting for the next several days. Also, avoid excessive activity on the treated area for the first two weeks. Normal, day-to-day activities are okay during this time as pain allows. After two weeks, follow the rehab protocol and directions provided by your physician.
- You may resume all of your usual medications unless instructed differently by your physician today. REMEMBER: NO ANTI-INFLAMMATORIES.
- Contact our office through our patient portal or telephone (706-425-2400) for emergencies:
 - If you develop a fever of 100.4 or greater, redness, pus, or drainage at the injection site.
 - If you have nausea, vomiting, unusual pain or swelling at the site of the procedure.
 - If you develop severe pain, contact our office.
- **If you experience difficulty breathing or excessive bleeding, call 911 and/or go to the nearest emergency room. Take this sheet with you to give to the emergency room staff.**

Prescriptions given today: _____

Follow-up appointment: (Refer to the appointment reminder you received at the check-out desk).

Family/Driver Signature: _____

Date: _____

Patient Signature: _____

Date: _____

830 King Avenue ✕ Athens, Georgia 30606
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