

Joint and Tendon PRP – Pre and Post Treatment Instructions

Getting Ready for your Procedure:

- It's important that you prepare for your procedure by arriving well hydrated.
- Please avoid all fragrances and perfumes that day.
- Avoid anti-inflammatories the week before your procedure. These include aspirin, ibuprofen, and Aleve. You may use Tylenol and muscle relaxers.

Post-Procedure:

- Keep the area clean and dry.
- You may apply ice to the area to help decrease swells and discomfort
- Avoid anti-inflammatories for 2 weeks after your procedure. These include aspirin, ibuprofen, and Aleve. You may use Tylenol and muscle relaxers.
- Tylenol may be used for pain.
- Continue to use the joint as you normally would prior to the procedure.
- For patients being injected from the hips down to the feet, no running or jumping for at least 1 month or until pain free.

Call the office at 513-791-9474 with any question or concerns.