

After Your PRF Knee Injection

You have received a Platelet-Rich Fibrin (PRF) injection in your knee. PRF uses the healing factors from your own blood to stimulate repair inside the joint. Healing is gradual, and following these instructions closely gives your knee the best chance to respond.

Your Key Instructions

- **No swimming, hot tubs, saunas, baths, or soaking for 3 days.** Showering is fine — keep the injection site clean and dry, and pat it dry rather than rubbing.
- **Wear your knee sleeve for 2 weeks** any time you are up and walking. It provides compression and support while the knee is healing.
- **Take the sleeve off 3–4 times a day** and do the enclosed exercises. Then put the sleeve back on before you get up and move around.
- **No squatting for 6 weeks.** This includes deep bending, kneeling, lunging, and lowering yourself to the floor. Avoid these motions even if your knee feels good.
- Take the sleeve off at night while you sleep, unless we tell you otherwise.

Pain and Swelling Medication

- **Avoid anti-inflammatory medication for 2 weeks.** This includes ibuprofen (Advil, Motrin), naproxen (Aleve), meloxicam (Mobic), diclofenac (Voltaren, including the gel), and aspirin used for pain. Inflammation is part of how PRF works, and these medications can block your result.
- Also avoid anti-inflammatory supplements for 2 weeks, including turmeric, curcumin, and fish oil in high doses.
- **Use acetaminophen (Tylenol) instead** for discomfort, following the package directions and not exceeding 3,000 mg in 24 hours unless we have directed otherwise.
- Do not start or stop oral steroids such as prednisone without talking to us first.
- If you take low-dose aspirin or a blood thinner prescribed by another provider, keep taking it as directed.

Ice and Heat

- **Avoid ice for the first 72 hours** — cold reduces the inflammation that drives the PRF response.
- After 72 hours, you may use a cold pack wrapped in a towel for 15–20 minutes, 3–4 times a day, as needed for comfort.
- Gentle heat or a warm shower is fine for muscle tightness and spasm.

What to Expect

- **Soreness, stiffness, fullness, or a sense of pressure in the knee is normal** and is usually strongest in the first 2–3 days.

- Mild swelling or bruising around the injection site may last 3–7 days.
- Some patients have a temporary flare of increased pain in the first few days. This is expected and settles on its own.
- **PRF works gradually.** Many patients notice little change or feel somewhat worse for the first few weeks. Improvement typically begins around weeks 2–6 and continues to build over about 3 months.
- Do not judge your result in the first month.

Activity Timeline

When	What to do
Day of injection	Go home and rest. Do not work out or run errands. Walk only as needed. Wear your knee sleeve when up.
Days 1–2	Limit standing and walking. Do gentle range of motion, but stay off your feet as much as is practical. Do not stay completely still — light movement helps.
Days 3–14	Gradually increase daily walking. Continue the enclosed exercises 3–4 times a day. Keep wearing the sleeve while up. Swimming and water exercise are allowed after day 3 once the injection site is fully closed.
Weeks 3–6	Build up strengthening and low-impact cardio such as walking or a stationary bike. Still no squatting, kneeling, or deep bending.
After 6 weeks	Squatting, kneeling, running, and heavier lifting may be resumed gradually, as tolerated and as we discuss at your follow-up.

Throughout recovery, use discomfort as your guide. Sharp or increasing pain during an activity means stop and back off. Mild muscle fatigue afterward is fine.

To Get the Best Result

- **Drink at least 64 ounces of water a day.** Water, not coffee, tea, or soda. Adjust if you take a diuretic.
- **No alcohol for 7 days.** Alcohol interferes with healing.
- **Do not smoke or vape.** Nicotine reduces blood flow and slows tissue repair.
- Eat adequate protein and keep your blood sugar well controlled if you are diabetic.
- Do the exercises consistently. PRF stimulates repair, but the exercises are what rebuild the muscles that protect the joint. Consistency matters more than intensity.
- Wear supportive shoes. Use a cane or walker if walking is uncomfortable.
- Keep your follow-up appointment so we can assess your response and discuss whether an additional injection would help.

Call the clinic at (830) 251-8232 right away if you have:

- Fever or chills
- Increasing redness, warmth, or drainage at the injection site
- Severe or rapidly worsening pain that is not controlled with acetaminophen
- Marked or rapidly increasing swelling of the knee
- A knee that locks, gives way, or will not bear weight
- Calf pain or swelling, chest pain, or shortness of breath

For a medical emergency, call 911 or go to the nearest emergency room.

Your plan

Injection date: _____ Knee treated: ☐ Right ☐ Left ☐ Both

Knee sleeve through: _____ No squatting through: _____

Follow-up appointment: _____ Additional notes: _____

GJ Skin Clinic · 115 Kothmann Rd, La Vernia, TX 78121 · (830) 251-8232 · gjskinclinic.com

This handout is for general patient education and does not replace individual medical advice. Follow the specific instructions given to you by your provider, and call the office with any questions.

General post-injection guidance adapted from published PRP/PRF aftercare protocols: Orthopedic Specialists of Seattle, PRP Treatment General Instructions (<https://orthopedicspecialistsofseattle.com/patient-info/prp-treatment-general-instructions/>); NKJ Institute, PRP Post-Procedure Guidelines (<https://nkjinstitute.com/wp-content/uploads/2019/03/PRP-Post-Procedure-Guidelines.pdf>); ProRad Radiology, PRP Aftercare (<https://www.prorad.com.au/wp-content/uploads/2025/06/PRP-AFTERCARE.pdf>); Dr. John Urse, Post-Procedure Instructions (PRP) (<https://www.drjohnurse.com/post-procedure-instructions-prp/>).