

# Optimal Orthopedics™ PRP Injection Information

## What to Expect

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You will enter Optimal Orthopedics and Jeff will greet you and go over the procedure. Jeff will discuss the possible risks and have you sign a consent form. He will discuss the recovery and answer any questions that you have at that time.

The entire procedure takes approximately 30-45 minutes. A blood draw will be completed and the blood will be spun in a two spin centrifuge machine. Jeff will return in about 20 minutes later and perform the injection. The injection may be uncomfortable; most patients rate the pain around a 5/10. After the injection is done, a band-aid will be placed over the injection site. The band-aid can be removed in 1 hour. There are no restrictions on bathing or swimming after the injection.

## After the Procedure

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Almost all patients feel safe driving themselves home after the injection. If you do not feel safe driving home after the injection, please tell Jeff before leaving the office.

It is common to experience a temporary increase in pain after the injection. This usually develops within the first 24-72 hours after the procedure and should not last more than a couple of days to a week. I recommend avoiding excessive activity for the first 3 days following the injection. If you experience soreness after the injection, you may use ice, heat, or Tylenol. **DO NOT USE NSAIDs** for 6 weeks after the injection to allow the platelets to work their healing.

### Phase 1: Protection & Rest (Days 0-3)

Activity: Rest the injected area; avoid strenuous/repetitive movement, heavy lifting. Gentle range-of-motion and daily activities are okay.

Pain Relief: Tylenol, 1000mg 3 times a day as needed. Apply ice for 20 mins, 3x/day for 48 hrs as needed for pain.

Avoid: Anti-inflammatory drugs (NSAIDs like ibuprofen/Advil), hot baths, alcohol, smoking.

### Phase 2: Gentle Reintroduction (Days 3-14)

Activity: Start gentle stretching (3-5 mins, 3x/day), light walking, or easy cycling. Strengthening: Introduce light bodyweight exercises every other day.

Avoid: Anti-inflammatory drugs (NSAIDs like ibuprofen/Advil), intense exercise, high impact activities.

### Phase 3: Strengthening & Progression (Weeks 3-6)

Activity: Gradually increase resistance, weight, and intensity.

Cardio: Progress from walking to jogging/running if pain-free.

Sport-Specific: Return to play as tolerated, let pain be your guide and listen to your body

Avoid: Anti-inflammatory drugs (NSAIDs like ibuprofen/Advil)

It can take 6-8 weeks for PRP to take its full effect. If you have not had any relief you may want to consider a 2nd injection to get the appropriate relief. If the injection worked well and you would like to arrange for another injection, please call the office or book another appointment online.

### When to call:

Redness, persistent bleeding/bruising, drainage from the injection site, fevers, or severe pain.

Optimal Orthopedics™

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