Maritime Sport Medicine
a Division of Arthritis & Injury Care
Phone: (902) 407-8927
doctor@arthritisandinjurycare.com

PLATELET-RICH PLASMA (PRP) POST-INJECTION INSTRUCTIONS

During your visit today at the Maritime Sports Medicine Clinic you were treated with a platelet-rich plasma injection.

Please note:

- Lidocaine: numbs the area that has been injected. This medication acts quickly, but wears off in 1 to 3 hours.

- Platelet-rich plasma consists of isolated platelets and growth factors in your own blood. It is initially pro-inflammatory, which may cause flaring of your symptoms within the first week, but can help alter and reduce the chronic inflammatory environment surrounding your tissue over the long term. It will not likely result in immediate pain relief, and may take up to 3 months to start resulting in significant benefit. There has not been sufficient published data to suggest that this will regrow damaged tissue, but our goal with this injection is to improve your pain and function over the long term.

Possible Side Effects of the Injection:

- It is not uncommon to have a slight flare of pain or discomfort over the first few days after your PRP injection, as the injectate consists of some pro-inflammatory mediators. As such, we recommend patients avoid icing the area or taking any NSAID medications for the first week after injection in order to not counteract this intended effect. If needed, Tylenol may be taken for discomfort.

Call or Email the Maritime Sports Medicine Clinic (Mon – Fri from 8:00 am to 3:30 pm) or present to the emergency room (after hours) if any of these symptoms occur:

Shortly after injection:

- Difficulty breathing
- Progressive Rash

The above symptoms may indicate a developing allergic reaction or hypersensitivity to the medications or skin preparation solutions.

Three or more days after the injection:

- Systemic symptoms of infection such as fevers and chills

- Progressive discoloration and/or swelling at the injection site more than 2 days after the procedure (remember, within the first 48 hours this is more than likely a "post-injection flare", as described above)

The above symptoms may indicate a developing infection at the injection site.