

Pre- and Post-Care Instructions for PRP and HA Orthopedic Injections

Pre-Procedure Instructions:

- Avoid nonsteroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen, naproxen, and aspirin for at least 24 hours before your PRP injection, and ideally for up to 2 weeks prior. These medications can interfere with the inflammatory cascade and reduce the effectiveness of PRP.
- Do not take other analgesics for the affected joint (except acetaminophen) for at least 2 weeks before the procedure.
- Inform your provider of any blood disorders, active infections, or cancer diagnoses, as these may be contraindications for PRP therapy.
- Hydrate well and eat a light meal before your appointment.
- Wear comfortable clothing that allows easy access to the injection site.

Post-Procedure Instructions:

- Avoid NSAIDs for at least 2 weeks after the injection, and ideally longer if possible, as they may reduce PRP efficacy.
- You may use acetaminophen (Tylenol) for pain relief if needed.
- Limit heavy or repetitive stress and strenuous activity involving the treated joint for 24–48 hours after the injection.
- Gradually resume normal activities as tolerated. Most protocols recommend a gradual return to full activity over 4–6 weeks.
- Begin gentle stretching exercises 2–7 days after the injection, and strengthening exercises within 2–3 weeks, as directed by your provider or physical therapist.
- Monitor for signs of infection (redness, swelling, warmth, fever) or severe pain, and contact your provider if these occur.
- Follow any additional rehabilitation or physical therapy instructions provided by your healthcare team.

Additional Notes:

- Orthoses (braces) are rarely required except for Achilles tendon injections.
- Absolute contraindications include active infection at the injection site, blood clotting disorders, and allergy to injection components.