

Orthopedic Injections (PRP & HA) Pre/Post Care

This is your full Orthopedic Injections (PRP & HA) Pre/Post Care guide. Read it carefully before and after your appointment, and keep it somewhere you can find it during recovery.

Find your treatment below. The instructions for platelet-rich plasma (PRP/PRF) and for hyaluronic acid injections (Durolane and Supartz FX) are different — in particular the rules about anti-inflammatory medication. Follow only the sections that match the treatment you are having.

PRP / PRF

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.

HYALURONIC ACID — DUROLANE & SUPARTZ FX

Pre-Procedure Instructions

The NSAID restrictions above apply to PRP, where anti-inflammatory medication can blunt the healing cascade the treatment depends on. Hyaluronic acid injections work differently, so the preparation is simpler.

- You may continue anti-inflammatory medications such as ibuprofen, naproxen, or aspirin before a Durolane or Supartz FX injection unless your provider has told you otherwise.
- Tell your provider about any blood-thinning medication or supplement you take. You generally do not need to stop it, but we do need to know.
- Tell your provider about any active infection, cut, or rash on or near the joint, and about any known allergy to hyaluronic acid products.
- Supartz FX is derived from avian sources. Tell your provider if you have an allergy to birds, feathers, or egg products, as Durolane is a non-animal-derived alternative.
- If you have had a corticosteroid injection in the same joint recently, tell your provider the date so the treatments can be spaced appropriately.
- 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.

Post-Procedure Instructions

- You may take acetaminophen or an anti-inflammatory such as ibuprofen for soreness unless your provider has told you otherwise. The two-week NSAID restriction above applies to PRP, not to hyaluronic acid.
- Limit strenuous or high-impact activity involving the treated joint for 48 hours after the injection.
- Avoid hot tubs, saunas, and swimming pools for 48 hours to reduce infection risk at the injection site.
- Keep the injection site clean and dry for the first 24 hours.
- Gentle movement is encouraged. Normal walking helps distribute the hyaluronic acid through the joint, so do not immobilize it.
- Mild soreness, warmth, stiffness, or swelling for a day or two is expected. Ice may be applied for 15 to 20 minutes at a time as needed for comfort.
- Supartz FX is given as a series of weekly injections. Keep your scheduled appointments, as spacing them too far apart can reduce how well the series works.
- Relief builds gradually over two to four weeks rather than immediately. Judge the result over that window rather than in the first few days.
- Monitor for signs of infection (redness, swelling, warmth, fever) or severe pain, and contact your provider if these occur.

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.

Questions during recovery? Call us at 801-335-5243. If you develop a fever, spreading redness, significant swelling, or pain that worsens rather than improves after 72 hours, contact the office.