



# Platelet Rich Plasma

Dr. Bradley Raphael

## What should you do immediately after the PRP injection?

You'll be monitored in the office for 5 to 10 minutes after the injection to ensure it's tolerated well and to answer any questions you may have. It is recommended that you go home after leaving the office. Avoid running errands or any strenuous work for the remainder of the day.

## How do you manage pain following the injection?

You may have some soreness and swelling. You should utilize ice and analgesics such as Advil, motrin Tylenol or ibuprofen if your doctor allows. Always keep a barrier between the ice and your skin to avoid frostbite.

## Physical therapy after the PRP injection

Physical therapy is something recommended after the procedure and can help with the overall healing of the injury. Physical therapy can improve strength and flexibility as well as help identify and correct any musculoskeletal imbalances or dysfunctional movement patterns that may have caused your initial injury. Physical therapy or a home exercise program are most effective with consistency.

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