

## Post-PRP Injection Checklist (Recovery Phase)

The goal is to support the inflammatory healing response triggered by PRP while protecting the injected platelets and growth factors. Soreness, swelling, or stiffness at the site is common and often part of the process.

### First 48–72 Hours

- Rest the treated area: Avoid strenuous activity, heavy lifting, or high-impact exercise. Some protocols recommend relative rest or immobilization (e.g., sling or boot) depending on the site.
- Activity level: Gentle movement or range-of-motion exercises as advised; no aggressive physical therapy initially.
- Ice/heat: Many guidelines suggest avoiding ice (as it may blunt the healing inflammation) for the first few days to a week. Use heat if it helps soreness, or follow your provider's preference.
- Hygiene: You may shower but avoid submerging the site (no baths, swimming pools, hot tubs, or lakes) for 48 hours or as directed. Keep the area clean and dry.
- Hydration and nutrition: Continue drinking plenty of water and eating healthy, anti-inflammatory foods.

### Medications to Avoid for the First 2 Weeks (or Longer)

- Do not take NSAIDs or anti-inflammatories: Avoid ibuprofen, naproxen, aspirin, etc., for at least 2 weeks (some protocols extend to 4–6 weeks or the full healing period of 2–6 months). These can interfere with the PRP-induced healing cascade by suppressing inflammation and platelet activity.  
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- Avoid systemic corticosteroids (e.g., prednisone): Hold for at least 2–4 weeks post-injection.
- Blood-thinning supplements/herbs: Resume cautiously after 3–7 days or as advised.
- Alcohol and smoking: Avoid for at least 7 days (or longer) as they can impair healing.

### Longer-Term Recovery (2–6 Weeks+)

- Gradually resume activity as guided by your provider (e.g., light strengthening after 2 weeks, progressing to full activity around 4–6 weeks or more).
- Avoid repeat steroid injections or certain therapies at the site for weeks to months.
- Monitor for signs of infection (increasing redness, warmth, fever, pus) or unusual symptoms—contact your provider immediately.
- Follow-up: Attend any scheduled visits to assess progress. Multiple PRP sessions may be planned.
- Pain management tip: Use acetaminophen if needed, and consider non-medication options like gentle movement or provider-recommended modalities.