



Platelet Rich Plasma Post-Care Instructions

1. You may experience some mild discomfort at the injection site today, this should gradually improve over the next couple of days.
2. Today's procedure was performed under sterile conditions and the risk of infection is very low. Contact your family doctor or go to a hospital emergency department if there are signs of infection such as progressive swelling, warmth, redness, fever, or chills.
3. Keep the area clean and dry. Avoid hot tubs, pools, or baths for 48 hours. You can shower.
4. Today you can perform your normal daily activities but avoid strenuous activities for the next 2-3 days.
5. Do **not** apply ice or heat to the treatment area for 1 week following your injection.
6. Do **not** take NSAID's or CBD oil for 2 weeks following your injection, try to limit your use of NSAID's and CBD oil for an additional 2 weeks following this.
7. Cortisone should **not** be injected to the area of treatment for 8 weeks following today's procedure.
8. Our Care Team will be contacting you via phone or email to follow up with you.

If you have any concerns directly related to your most recent injection, and you would like to speak with a nurse, please call (825) 904-8805. Our regular hours of operations are Monday to Friday, 8:00 am to 4:00 pm. If this is an emergency, please go directly to the nearest emergency department.

REMEMBER – Today's procedure is designed to create a controlled inflammatory response with the goal of providing symptom relief. Platelet Rich Plasma provides a gradually onset of relief that may take up to 4 weeks to notices as well as multiple treatments.

Thank you for choosing Beam Radiology for your care.

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