

WHAT TO EXPECT AFTER PRP INJECTION

Dr. Erik Dorf

Platelet Rich Plasma injections can be helpful to augment healing for conditions we treat. We have been very happy with our results for even difficult musculoskeletal problems. Keep in mind that every person responds differently to injections, and your recovery may vary from the below outline. Typical factors which influence the recovery process include:



- Your age and health.
 - The severity of your injury.
 - The length of time between the injury and the injection.
 - Your compliance with prescribed treatment and therapy.
1. **PRE-EVALUATION:** You will be seen in the office for an initial evaluation, and the severity of your injury will be evaluated. I will determine at that time whether you are a candidate for PRP injection. If so, an MRI may be obtained, and your injection date will be scheduled accordingly.
 2. **DAY OF INJECTION:** We will draw blood from your arm. This blood will be taken to the lab where a technician will separate the blood into its components. Depending upon your condition, I will tell them the ideal composition of the injection. The lab will then return with your platelet injection. I will numb the area being injected with local anesthetic. Once numb I will perform the injection to the affected area. It is normal to experience swelling, bruising and pain in the elbow after injection. I encourage ice at the site of injection. You should refrain from applying heat or taking anti-inflammatories for at least 2 weeks.
 3. **FIRST FOUR-SIX WEEKS AFTER INJECTION:** You will try to minimize your activities with the affected extremity. It is normal to have swelling, bruising and pain after the PRP injection. This typically resolves in 2-3 days. Ice is encouraged, and a stronger pain medication may be necessary. You may begin using your injected arm or leg, as swelling and pain improves.
 4. **AT YOUR FOUR WEEK POST-PROCEDURE OFFICE VISIT:** I will examine the affected joint. You can continue to use the extremity normally after this, but you should avoid strenuous activity.
 5. **THERAPY:** If at any time during this treatment course it appears you will require **therapy** to help decrease swelling, or improve range of motion you will be provided with a prescription for therapy.
 6. **HOW LONG TO GET BETTER?** Most people are **mostly** better by 2-3 months after their injection. You can typically return to all your normal activities at this time.

Should you have any questions, please call any of our offices at the following numbers: Edwards (970) 569-3240 Frisco (970) 668-3633 Vail (970) 476-7220