



PLATELET RICH PLASMA (PRP) POST INJECTION

Post treatment protocol may include exercise, physical therapy program and custom-casted foot orthotics to enhance the success of the treatment. While responses to treatment vary, some people will require 3-6 sets of injections. Each set of treatments is spaced approximately 4 weeks apart. There is no limit to the number of treatments you can have, the risks and side effects do not change with the number of injections.

Recovery period:

Often, following the initial injection, an "achy" soreness is felt at the site of injury. This "soreness" is a positive sign that a healing response has been set in motion. This effect can last for several days and gradually decreases as healing and tissue repair occurs. This discomfort in the area of the injection that can last a few days or up to a week. Sometimes, it can seem like your injury is worse than before the treatment, but that is because an inflammatory response has just been stimulated. This is common, and the temporary worsening of your symptoms usually doesn't last. Since the PRP's effectiveness is based on your own body's ability to heal, most patients notice improvement after 2-6 weeks. In most cases, pain is replaced with soreness and then the soreness goes away. Strength and endurance slowly increase with time. Many patients continue to notice improvement for as long as 6-9 months post injection. While responses to treatment vary, some people will require 3-4 injections. Each set of treatments is spaced approximately 4 weeks apart. There is no limit to the number of treatments you can have, the risks and side effects do not change with the number of injections.

- It is important that anti-inflammatory medications such as Ibuprofen, Naproxen and Aspirin be *avoided* PRP treatments for the first two weeks. These medicines may block the effects of the intended healing response facilitated by the injection itself.
 - It is acceptable to use over the counter pain medication, such as Tylenol extra-strength which does not have anti-inflammatory properties, to control discomfort as needed.
 - You may apply a (over-the-counter) Lidoderm patch for 6-7 hours for up to 12 hours after the procedure.
- Do not take supplements affecting platelets for two (2) weeks after PRP therapy.
 - Fish oil, Flax seed, krill oil, bromelain papain, etc.
- Apply an ice pack for 10-15 minutes on the injection area every 2 hours for 6-8 hours following the procedure.
- If a fracture walker/cast is ordered and discontinued, you will be permitted to resume normal day to day activities and light exercise following injection. We suggest that you avoid strenuous lifting or high-level exercise for 4 weeks after injection
 - Avoid major physical activity four weeks; using the fracture walker/cast as instructed
- Do not lift loads heavier than 10 pounds for 4 weeks after the injection.
- Following an injection, a below-the-knee walking boot or cast may be required to provide adequate support and decrease stress on the fascia. This allows the area time to heal without chronic tension and allows the growth factors to work without continued trauma. If so, you will wear the fracture walker or cast for at least two weeks and then progress to a stiff tennis shoe and then custom-casted foot orthotics.
- Once your cast or boot is discontinued, stretching after injection as desired and as per your tolerance.