

## Platelet Rich Plasma Injection

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### Initial Post-Injection

- The purpose of the PRP injection is to stimulate healing of the tissue. NSAIDs are anti-inflammatory medications that counteract this process. Do **NOT** take any anti-inflammatory medication for 6 weeks. These medications include ibuprofen (Advil, Motrin), naproxen (Aleve), celecoxib (Celebrex), meloxicam (Mobic), etc.
- You may take acetaminophen (Tylenol) or the prescribed stronger medication. The prescribed medication contains Tylenol so do not take both medications at the same time.
  - The maximum allowable daily dose of Tylenol is 4000 mg in adults and 90 mg/kg in children. Taking too much Tylenol can cause liver damage and possible death.
- It is normal to have the feeling of blood surging heavily to the arm. It will feel like a sunburn. This feeling will last for the first few days and does not change with arm position.
- The hand and arm can swell for days to weeks. Keep the hand and arm elevated to reduce the swelling. You may use a cold pack over the elbow as needed to control the swelling and discomfort.
- Begin active and passive range of motion of the fingers, wrist, elbow, and shoulder to prevent stiffness and reduce swelling.
- It is very important to avoid heavy lifting and heavy gripping for at least 6 weeks. Do not lift objects with the palm facing downward because this will cause a strain to the injured tendon and will slow the healing process. It is okay to lift light objects with the palm facing upward because this method uses different muscle/tendons.
- A wrist cock-up splint is to be worn the first 2 weeks to help control discomfort. As your pain decreases the use of the splint can also decrease.
- Absolutely **NO** driving while taking pain medications or while in pain.
- The Illinois Secretary of State allows driving while wearing a splint. However, it is advised to use good judgment as to whether you can safely grip the steering wheel to avoid a motor vehicle accident.

### 6 Weeks Post-Injection

- Discontinue the wrist cock-up splint.
- Therapy will begin at 6 weeks following the injection. A progressive strengthening program will be instructed by your therapist. The strengthening program will be advanced as your comfort permits. If you have significant pain, please inform your therapist so the strengthening program can be adjusted. Remember, everyone's strength improves at a different pace.