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## **PRP Injection Instructions**

### **ACTIVITY:**

- 4 weeks of normal activity – no strenuous exercise/sports or excessive weight bearing activity
- If injection was in shoulder or elbow be careful with grasping and lifting with affected arm

### **PAIN MANAGEMENT:**

- You may be sore or bruised over the next 3-5 days – this is normal
- Do not use NSAIDS for 7 days (i.e. Motrin, Advil, Ibuprofen) – you may use Tylenol

### **FOLLOW UP CARE/QUESTIONS:**

- It will usually take up to 4-6 weeks after your injection before you notice improvement.