

National Stem Cell Clinic

Recommendations Post PRP

- Note that in the first days after the therapy, you may have increased pain due to the procedure you have undergone. Discomfort should be reduced by the third to fifth day after the procedure.
- Avoid using anti-inflammatory medications such as aspirin, diclofenac, naproxen, and cortisone, including anti-inflammatory dietary supplements such as Turmeric.
- Take Tylenol 500mg tablets every 8 hours, 3 to 5 days if necessary.
- Use heat in the injection area via a heating pad or hot compress for 20 minutes 3 times a day for 3 to 5 days as necessary.
- Rest as necessary.
- Avoid physical activity.
- Partake in gentle stretching as tolerated after the second post-procedure day.
- You may eat all types of food to try to maintain a healthy diet.
- As muscular and neural components play a big role in pain, continue therapy as recommended. Physical and/or neuromuscular therapy is an integral part of your treatment. You may need perineural injections as well.
- The benefits of the treatment will be observed after 3 to 5 weeks.