

# POST APPOINTMENT REGENERATIVE MEDICINE GUIDELINES

Thanks again for choosing Loehr Health for your Prolo or PRP treatment.

Below are a few frequently asked questions and recommendations to follow after each injection appointment.



## DO NOT TAKE...

If you receive a Prolo Injection:

Do not take NSAIDS for at least 7 days AFTER your appointment.

If you receive a PRP Injection:

Do not take NSAIDS for at least 14 days AFTER your appointment.

## AFTER YOUR INJECTION...

- You may be advised to wear a brace or sling to immobilize the affected joint. Patients may be advised to use crutches if they receive an injection at the ankle, knee or hip.
- Some swelling post-injection is normal. This is the body's immune system working. You may use a cold compress a few times per day for ten to twenty minutes at a time to help decrease pain and swelling.

## PATIENTS USUALLY SEE IMPROVEMENT WITHIN 2-4 WEEKS OF RECEIVING A PROLO OR PRP INJECTION.

If necessary, your doctor may recommend another injection four to six weeks after your prior injection.



**LOEHR**  
HEALTH CENTER

# POST APPOINTMENT REGENERATIVE MEDICINE: FAQS AND ANSWERS

## IS IT NORMAL TO EXPERIENCE PAIN AFTER AN INJECTION?

Patients may experience discomfort that ranges from soreness to being unable to walk. Minor swelling and inflammation is common. Pain symptoms should not last more than three to four days.

## MAY I WASH OR BATHE THE INJECTION SITE?

If possible, avoid washing the injection site for a minimum of 24 hours after an injection. Patients should also avoid the use of skincare and hair products at the injection site for at least 24 hours. Individuals who received a spinal injection should avoid submerging the injection site for 72 hours. Avoid using hair coloring products for one week, if applicable.

## WHEN CAN I RETURN TO EXERCISING?

Patients should not resume exercise in the joint that was injected for approximately two weeks.



## WHEN SHOULD I CONTACT MY DOCTOR?

Seek medical attention immediately if you experience the following symptoms:

- Significant bleeding from the injection site that persists
- Temperature of over 100° F
- Any signs of infection

Other symptoms? Just ask. We're here to help.