



Post Procedure Instructions for PRP and Stem Cell Injections

Wound Care

- If you had bone marrow harvested from your pelvis, a waterproof bandage will be applied to the surgical site
 - Keep this bandage in place for 5 days
 - It is OK to shower with this bandage in place
 - You may shower after bandage removal, but avoid baths or hot tubs for 2 weeks
- Injection sites will simply be covered with a bandage or compressive wrap
 - This may be removed the following day and no special care is required
- **Ice** - you may apply an ice pack to the treatment site for 10-15 minutes every 2 hours

Activity

- It is important to limit vigorous activity for 2 weeks following the injection in order to allow the treatment to begin the healing process
- After 2 weeks, you may begin low impact or light resistance activity (ie. walking, elliptical, bike, very light weights)
- Continue with low impact/resistance activity for 6 weeks
- You may then advance to your activities of choice slowly
- Pain is your guide. Painful activity should be avoided
- If physical therapy is required, I will give you a referral

Medications

- Avoid aspirin or non-steroidal medications for 1 week prior to your treatment and for 2 weeks following
 - These include Aspirin, Ibuprofen, Aleve, Motrin, naproxen, meloxicam, piroxicam etc.
 - Celebrex has minimal effect on platelets and may be resumed after procedure if you require this for other issues

Recovery

- Some patients will have a short period (few days to few weeks) of worsening symptoms to include pain and swelling
- Improvement may be seen as early as 6 weeks but may take 3 months or longer

Follow Up

- I will typically see you at 6 -12 weeks after your treatment (depending on problem)
- For some, I will recommend a repeat PRP injection to add additional growth factors

If you have any questions or concerns, please call my office or email me directly

Christopher Jones, MD
drjones@coloradosportsdoctor.com
(719) 632-7669



coloradosportsdoctor.com



Colorado Springs
Orthopaedic Group