



LONGMONT
Orthopedics

After Your PRP Injection

After your injection



First 48-72 hours

- Expect mild swelling or soreness - this is normal
- REST the joint
- Do not take NSAIDs (ibuprofen, naproxen)
- Use Tylenol (acetaminophen) if needed for pain or your medication as prescribed
- Use ice only if necessary - not excessively
- If you are concerned about pain - text us: (720) 239-2142

Weeks 1-2

- Gradually resume light daily activities
- No high-impact movements (e.g., running, jumping, heavy lifting)
- Begin gentle stretching and range of motion exercises

Weeks 2-4

- Start or continue physical therapy as recommended
- Focus on mobility, stability, and proper movement patterns

What to expect in the Long Term

- Mild soreness may continue for a few days or weeks
- Improvement often begins at 4-6 weeks, with full benefits in 3-6 months

When to Call Dr. Jani?

If you notice increasing redness, warmth, pain, fever (higher than 102), drainage from the wound or other problems that concern you, **call or text (720) 239-2142** and please leave a message