

Date: [Date]

Patient Name: [Patient Name]

Date of Birth: [DOB]

Procedure: Platelet-Rich Plasma (PRP) Injection

Treatment Area: [Body Part/Site]

Discharge Instructions

Activity Restrictions:

- Rest the treated area for the next 24 to 48 hours.
- Avoid strenuous exercise or heavy lifting for [Number] days.
- You may resume light daily activities as tolerated unless otherwise instructed.

Pain Management:

- It is normal to experience increased soreness or swelling at the injection site for 2 to 7 days.
- **DO NOT** take anti-inflammatory medications (NSAIDs) such as Ibuprofen (Advil, Motrin), Naproxen (Aleve), or Aspirin for [Number] weeks, as these can interfere with the healing process.
- You may take Acetaminophen (Tylenol) for pain relief if needed.
- Use ice packs on the area for 15 minutes every 2-3 hours for the first 24 hours to reduce swelling.

Site Care:

- Keep the bandage clean and dry for 24 hours.
- After 24 hours, you may remove the bandage and shower.
- Avoid swimming pools, hot tubs, or soaking the area in water for [Number] days.

Follow-Up:

- Your follow-up appointment is scheduled for: [Date and Time].

When to Call the Clinic:

Contact us immediately if you experience any of the following:

- Fever or chills.

- Redness, warmth, or drainage at the injection site.
- Severe or worsening pain not relieved by Tylenol.
- Sudden numbness or tingling in the limb.

Doctor Signature: _____

Clinic Contact Info: [Phone Number / Email]