

POST INJECTIONS TIPS

PRP (Platelet-Rich Plasma)

You may have some pain and some swelling after your platelet injection. Apply ice for 10 minutes every 2 hours or take Tylenol (acetaminophen) only. **The use of anti-inflammatory drugs including Advil and Motrin (ibuprofen) is strictly prohibited**, since they prevent the acute inflammatory reaction necessary for healing. The application of ice is allowed. The pain can last up to 14 days.

Occasionally, platelet injections cause a significant inflammatory reaction. At least seven growth factors are released during this injection.

If the swelling is out of proportion, please contact us at info@dreducasse.com. Some patients do not feel any pain.

Redness that appears immediately after an injection is an inflammatory reaction. Redness that persists for 3 days after the injection is often a sign of infection. This can happen despite the precautions taken to promote asepsis. In this case, you should immediately notify Dr. Ducasse at **450-534-3968** or info@dreducasse.com.

You must refrain from using the injected limb for a minimum of 7 to 10 days. Always go back to exercise gradually. The pain must always remain below a threshold of 3 out of 10 (10 out of 10 being the most intense pain) when resuming exercise. Otherwise you risk going back to chronic pain, which is undesirable.

You should start a physiotherapy program two weeks after the injection.

Please schedule a phone call appointment with Dr. Ducasse, eight weeks after your treatment. Two to three treatments may be required for healing.

For more information, contact us at info@dreducasse.com

Dr. Chantal Ducasse
450-534-3968