



AFTER VISIT SUMMARY

Reginald Richardson DoB: 1/24/1949

5/20/2019 1:00 PM Orthopaedics Penn Musculoskeletal Center 8 215-662-3340

Instructions from Arsh S. Dhanota, MD

Post-procedure Instructions for Platelet Rich Plasma (PRP) Injections:

1. There may be increased pain for up to two weeks following the PRP Injection, this is expected.
2. To ease pain, you may do the following:
 - a. Ice for 20 minutes at a time up to 3 times per day.
 - b. Tylenol 500 mg to 1000 mg by mouth, up to 4 times per day (each does taken 6 hours apart).
 - ✓ c. For severe pain not relieved by ice and/or Tylenol, you can take Tramadol 50 mg by mouth every 6 hours as prescribed by Dr. Dhanota. Tramadol can be combined with Tylenol as needed.
3. You will receive a follow-up phone call by a nurse two weeks after the procedure.
4. You will have a follow-up visit in the office with Dr. Dhanota at 6 weeks and 3 months after the procedure.
5. It can take up to 3 months to see optimal results from the PRP injection.
6. Of note, **do NOT use** any medications to treat pain related to the procedure without consulting Dr. Dhanota.
 - a. Continue to **NOT** use aspirin, fish oil-omega 3 supplements, or any NSAIDs for 14 days after the procedure.
 - b. See list below for common NSAIDs and Aspirin-like medications:
 - Aspirin
 - Clopidogrel (Plavix)
 - Celecoxib (Celebrex)
 - Diclofenac (Voltaren)
 - Ibuprofen (Motrin, Advil)
 - Indomethacin (Indocin)
 - Meloxicam (Mobic)
 - Naproxen (Aleve, Naprosyn)
 - Oxaprozin (Daypro)
 - Piroxicam (Feldene)

**Today's medication changes**

- ➡ START taking:
Acetaminophen 500 MG Caps

Accurate as of 5/20/19 1:39 PM.
Review your updated medication list below.

**Pick up these medications at PENN MED UNIV CTY APTHY 19104 PHILADELPHIA, PA 3737 MARKET ST 215-294-9393 215-222-8838**

Acetaminophen

Address: 3737 MARKET ST GROUND FL, PHILADELPHIA PA 19104
Phone: 215-294-9393