

Recommended Post Operative Care after Amniotic Injection

AFTERCARE INSTRUCTIONS FOR THE FOLLOWING PROCEDURES

PALINGEN FLOW (AMNIO), PRP AND SHOCKWAVE (HIGH AND LOW ENERGY)

The day of

- You may be sore today, this is normal
- Numbing agent will begin to wear off in 1-2 hours
- **Tylenol** for pain relief is **OK** to take as needed
- The following are **NOT** allowed for approximately 8 weeks after treatment
 - **NO ASPIRIN**
 - **NO IBUPROFEN**
 - **NO ADVIL**
 - **NO ALEVE**
 - **NO NAPROXEN**
 - **NO ICING**
- Refrain from high impact activities for 2 weeks
- You may continue all other activities and may be weight bearing in supportive shoe gear. (If you are unsure, please contact our office)

CALL THE OFFICE IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- EXCESSIVE PAIN IN THE AREA OF THE PROCEDURE
- REDNESS, SWELLING OR IRRITATION IN THE AREA OF THE PROCEDURE