



THE GROVE SPA

& BOUTIQUE

PRP Joint Injections Post-Treatment

There are minimal restrictions after your injections, allowing you to return to your daily activities almost immediately. It is normal to experience mild pain, soreness, and swelling that may last several days following your procedure. Please contact us if you experience increasing redness at the injection site, warmth, severe pain, fever, chills, or drainage at the injection site.

Day of Appointment:

- Avoid anti-inflammatory medications like ibuprofen and naproxen for at least 7 days unless directed to.
- Tylenol may be used for discomfort.

1-3 Days After:

- Avoid vigorous exercise for at least 3 days.
- Gentle range of motion exercises may be resumed as tolerated.
- Avoid corticosteroids unless cleared by your provider.

1-2 Weeks After:

- Gradual return to normal activity unless otherwise advised.

Have a question? Call us at 816-834-9100 or email us at clientservices@thegrovespa.com