

Post Treatment Guidance

What can you expect?

Day of Injection

Following the injection you may experience some side effects e.g., swelling in the joint, bruising, local pain associated with the blood draw, or knee injection.

For more complete product information on indications, contraindications, warnings, precautions, potential adverse effects and patient counselling information, see the package insert or contact your local representative; visit www.zimmerbiomet.com.

Immediate Post-Treatment Period

First 4-5 days you may experience pain in the injection site or in the knee or both.

For pain management, analgesics such as paracetamol can be taken.



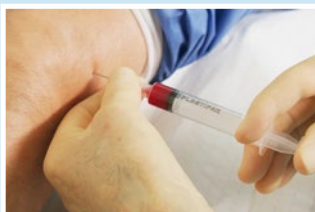
Contact your doctor:

If you experience swelling with redness and warmth in the joint or at the injection site.

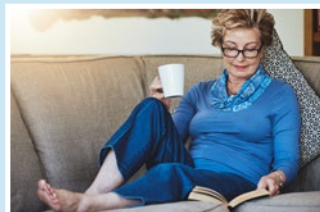
What can you expect?



Pain situation



Day of injection



Immediate Post-Treatment Period (4-5 days)

Soreness around the injection: rest

More soreness and swelling: rest, ice, take medications, wear a brace, use crutches

Post-Treatment Period

There is no cure for osteoarthritis, but successful treatment with PRP can reduce or relieve your pain, which may increase your mobility and comfort. Other conditions, such as sports injury, partial tendon tear, intervertebral disc or meniscal tear may eventually heal. In general, it is recommended that you minimize your activity level for 14 days and not exceed pre-injection levels. At a minimum, activities that aggravate your pain, should be limited for the first 4-5 days or this could result in irritation and swelling of the affected region. Training and sports should be avoided for at least for 4-5 days following treatment and ideally, throughout the entire post-treatment period (14 days). This is particularly important if you normally participate in high-intensity or long-distance sports or training.



Contact your doctor:

If at any time you experience pain that is different from the pain that you had prior to the injection.

Pain Reduction Period

Following the Immediate Post-Treatment Period (4-5 days) you can expect a small reduction in swelling, stiffness and pain. Pain relief may be expected after one to two weeks, but for many patients, substantial pain relief normally occurs between 4-8 weeks after treatment. A significant reduction in pain may take up to 12 weeks to appear and can occur suddenly or gradually.



Contact your doctor:

If you do not have pain relief after 8 weeks.



*Post-Treatment Period
(2-4 weeks)*

*May not notice much
improvement during this time*



*Pain Reduction Period
(4-8 weeks)*

*Post-procedure discomfort should
subside and you should notice an
improvement*

