



Sacramento Orthopedic Sports & Shoulder

Greg Takenishi, MD, FAAOS

2801 K St, Ste 330; Sacramento, CA 95816

Office: 916-732-3005 Fax: 916-732-3023

www.sacorthosports.com

POSTOPERATIVE INSTRUCTIONS:

PRP Hip injection

The procedure you have just undergone to a PRP hip injection. These instructions are intended as general guidelines. They may be modified due to your particular problem by your physician.

Danger Signals

- Severe pain unrelieved by pain medications
- Fingers or toes becoming cold, purple, or numb;
- Excessive swelling of the fingers;
- Any fever greater than 101 F.

If you experience any of the above danger signals, please contact the office at 916-732-3005 or 916-732-3000.

SPECIAL INSTRUCTIONS / FOLLOW-UP APPOINTMENT

Follow-up Appointment/Special Instructions:

1. Start bending and straightening your knee and hip right away.
2. Do not engage in any heavy cardiovascular activity until your hip pain has improved.
3. Ice 20-30 mins at a time 4-5 times daily
4. Do not take any anti-inflammatories for 2 weeks
5. Weight bearing as tolerated on lower extremity
6. You can start riding a stationary bike when your hip feels better
7. Do not run, no jogging, no jumping, no sports.

Dressing:

1. Please keep dressings on your arm until you get home. It is common to have some bruising where the blood was drawn.
2. You may remove the Band-Aid on your hip whenever you feel comfortable.

Follow Up Appointment Information:

Call our office to schedule follow up appointment for Ten weeks, 916-732-3005.

Medications:

1. Tylenol 1000 mg every 6 hours as needed.
2. Do Not take any anti-inflammatory medications for 2 weeks. You can take anti-inflammatory after 2 weeks



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QUESTIONS/CONCERNS:

You can also contact our office directly by using the Klara texting application. You can respond to the text messages sent by our office or you can initiate a new conversation by clicking on the purple "MESSAGE US" at the bottom of my webpage. www.sacorthosports.com

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Sacramento River Cats Head Team physician

San Francisco Giants Team physician

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