



# Advanced Knee Care, PC.

A division of Integrated Orthopedics

Stefan D. Tarlow, MD

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Suite 150  
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## In Office Knee PRP Care Instructions Dr. Tarlow –Advanced Knee Care, PC

You will go home from the office with an ace wrap on your knee. This procedure is more similar to a knee injection. There are no incisions on your knee, simply needle entry sites. PRP therapeutic effects require a 4-6 week response time. PRP treatment does not usually provoke a painful reaction in your knee. If you experience intense pain or swelling contact Dr. Tarlow.

If you experience the following symptoms call our office (480-483-0393) or present to your closest Emergency Room as soon as possible. These may be signs of infection or deep venous thrombosis.

- Severe knee pain with fever greater than 102 F.
- Diminishing knee motion with progressive severe knee pain.
- Calf or thigh pain that is constant and does not go away with elevation/rest.
- Trouble/pain with breathing or chest pain/shortness of breath-best to phone 911.

Phone/Answering Service: [480-483-0393](tel:480-483-0393)

Direct Scheduling Line: [480-225-2343](tel:480-225-2343)

Website: [www.tarlowknee.com](http://www.tarlowknee.com)

Blog: [www.tarlowmd.blogspot.com](http://www.tarlowmd.blogspot.com)

E-mail: for Dr. Tarlow - [doctlow@cox.net](mailto:doctlow@cox.net)

Activities: Light Daily activities for 24 hours after the in office procedure. You may drive and return to work but do not over do. Use common sense.

Crutches (optional): For a day - crutches for comfort and walking (Full/partial weight bearing)

Shower: Allow 2 hours before removing dressings/ace. Shower normally. Apply new dry band-aid and ace. Use ace compression wrap for 48 hours total.

Brace: Not used

Ice: Knee swelling is expected and is diminished with Ice pack to the knee 20 minutes four times daily for 3 days.

Exercises: SLR (straight leg raises) and knee range of motion (ROM) 25 reps twice daily beginning at 24 hours. Start exercise bike on 24 hours postop for 30 minutes/daily for 6 weeks after your PRP procedure. Wait 2 weeks for normal activities such as run/lift/hike/sports.



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Driving: May drive the day of your procedure as long as narcotic pain relievers are not being used. Common sense dictates safe return to driving. Most patients are able to drive to and from our office for this procedure. If in doubt, get a ride.

Physical therapy: You have the option of attending formal physical therapy or directing your own recovery with home and gym workouts. Physical Therapy usually begins 3-5 days post op. Tarlowknee Website/office info heading has list of preferred PT's.!

Return to Work: Day of procedure if desk type work, the next day for manual labor/construction type work.

Follow-up appointment: Usually scheduled for 6 weeks after the injection and are included as part of the procedure fee. Call our office (480-483-0393) with to schedule or with questions.