

Melisa Estes, MD

Protocols

Joint injections:

Please inform Dr. Estes of any medication allergies prior to the procedure. Please notify the physician if you are on blood thinners. If you have a fever or active infection please inform the physician prior to the procedure. A joint injection usually consists of an anesthetic and a corticosteroid medication. The area injected may feel numb initially but the steroid may take 24-48 hours to be effective.

PRP injection:

The physician requests that you abstain from ingesting alcohol for 2 weeks before and after the procedure.

Avoid nonsteroidal anti-inflammatory medications for 1 week before and after the procedure.

Your blood will be drawn on the day of the procedure and placed in a centrifuge. When the plasma is concentrated, then the PRP will be injected into the painful area.

After the procedure you may use ice or Tylenol for discomfort.

Avoid strenuous activity or exercise for 1-2 weeks. Daily activity is OK.

The regenerative nature of the injection takes several weeks to become effective (4-6 weeks) and may need repeating.

Hyaluronic Acid injections:

The HA has several brand names. The physician will decide on the most appropriate injection based on your history and preference and possibly insurance limitations. The injections may be 1 injection or a series of 3 or 5 based on the product chosen.

The HA is a thick gel or protein which is similar in composition to the cushioning inside your knee joint. Inform your physician of any allergies to chicken or avian protein. Inform the physician if you have a fever or active infection. The injections may take several weeks to exert their effectiveness. If you develop redness, fever, or swelling after the procedure, then please call the office.