



Preparing for Your Platelet Rich Plasma (PRP) Procedure

Pre-Treatment:

- **Avoid using NSAIDs (Ibuprofen, Aspirin, Naproxen, Aleve, Motrin, Advil) for at least 10 days prior to your PRP procedure**
- Extra Strength Tylenol is okay to use for pain relief (not to exceed 3500mg within a 24 hour period)
- On the day of the procedure it is recommended that 650mg be taken 1 hour prior to the procedure.
- If you have been prescribed daily aspirin for a heart condition, consult with your prescribing physician for clearance of temporary interruption of medication.
- Avoid receiving any corticosteroid injections at the proposed treatment site for at least two months prior to your procedure, and avoid systemic use of corticosteroids within one month prior to your procedure.
- Avoid these nutritional supplements for one week prior to your procedure: Vitamin E, Flax Oil, Fish Oil, Vitamin A, Curcumin, Turmeric, Aloe, and Astaxanthin.
- Avoid smoking cigarettes or drinking alcohol for one week prior to your procedure.
- Drink at least four 8 ounce glasses of water the day before your procedure and at least three 8 ounce glasses of water within three hours of your procedure.

During Treatment:

- Please inform the medical assistant or physician of any allergies you may have prior to your treatment, including latex allergies.
- A small amount of your blood (generally around 60mL, or 4 tablespoons) will be collected by a medical assistant, nurse, or physician, using a butterfly needle and syringe, pre-loaded with anti-coagulant. The blood will then be centrifuged to separate out the red blood cells, and white blood cells, in order to concentrate the platelets to a therapeutic level, which may or may not include some of the white blood cells, for your injection. Your physician will base the platelet

concentration, white blood cell inclusion, and volume of injection, on your specific treatment needs, and the most current study-backed evidence.

- Your physician will generally utilize imaging equipment, such as ultrasound or fluoroscopy to place your injection, to make sure it is addressing the injured tissue/joint space as accurately as possible. Fluoroscopy should not be used if you are pregnant.
- The physician may or may not utilize a local anesthetic to numb the area, depending on your specific condition being treated.
- During the injection, and after, you will likely experience mild to moderate pain, and moderate to extreme sensations of pressure in the injection site, and immediate surrounding area. This sensation will generally peak after 5 minutes post-injection, and then gradually decrease over a 10 to 15 minute period. This sensation is mostly caused from the volume of fluid injected into the area, creating abnormal pressure and sensation that the body is not used to. Most patients feel the pressure relieved fairly quickly, once the fluid has had a chance to spread through the joint/tissue. This will likely be the most discomfort experienced in the procedure. Tolerance is patient dependent, and pain has been described as being anywhere between a 3 and 8 out of 10.
- Outcomes after injection are improved by engaging with rehabilitation. Your clinician will let you know how to approach rehabilitation and may recommend you meet with a physical therapist afterward.

Post Treatment

- The areas treated may be numb for 2 to 6 hours after the procedure due to the local anesthetic, if any was used. This is completely normal.
- Due to the numbness, you should refrain from any strenuous activities or activities that might require use of the treated site/joint immediately after treatment (such as driving after a knee injection). However, it is important to stay mobile, and move the affected area gently/mindfully to decrease soreness and stiffness.
- You may resume normal light activities after 24 hours to zero or light tolerance pain. Restricted weight bearing may apply to hips or knees if the doctor advises and/or chooses to utilize any bracing or specific instructions.
- Keep the injection site and covered with a bandage for 48 hours.
- You may shower 24 hours after the injection.
- You may experience some pain, soreness, or bruising, following the injection which can last anywhere from 1 to 4 days. This is completely normal, however, some patients may experience very little pain at all.
- If pain is above tolerable levels, you may take Extra Strength Tylenol (not to exceed 3500 mg in 24 hours). If the pain becomes worse after 72 hours, or there is any sign of fever, or extreme redness at the injection site, contact our office.
- Avoid applying pressure, straining, or rubbing on the injection site for at least 24 hours after the treatment.
- Avoid strenuous activity, or excessive use of the treated joint/area for at least one week. However, do not avoid normal use, or non-painful activity involving the joint. Continued range of motion activity is important.

- **Avoid applying ice** to the injection area/joint for at least 4 hours after the procedure. After that, ice should only be applied occasionally if necessary, for a maximum of 5 to 10 minutes, followed by an equal length of time of applying warm heat.
- If your doctor has prescribed a pain medication/narcotic, try to use it only when the pain level requires you to do so, and all other methods of pain relief mentioned have failed. If utilizing a narcotic, be sure to drink eat prior to taking the medication, and drink plenty of water and eat fiber to avoid constipation.
- **Continue to avoid using NSAIDs (Ibuprofen, Aspirin, Naproxen, Aleve, Motrin, Advil) for four to eight weeks** after your PRP procedure, if possible.
- Continue to avoid systemic use of corticosteroids for 3 months after your procedure, or any injection of steroids into the treatment area for at least 6 months or longer.
- Continue to avoid these nutritional supplements for at least 10 days after your procedure: Vitamin E, Flax Oil, Fish Oil, Vitamin A, Curcumin, Turmeric, Aloe, and Astaxanthin.
- Avoid smoking cigarettes or drinking alcohol for one week after your procedure.
- Light exercise or a physical therapy program (preferred) will be advised by your physician, generally to begin at three or four weeks post-treatment. The physical therapy program will be tailored with the physiological action/functional time frame of your PRP treatment in mind, and the condition of the area treated, prior to the treatment. Consult your treating physician in regards to this.
- Hydrate daily (64 ounces of water per day) and eat nutritious foods that will contribute to the healing process

If you have any additional questions, please do not hesitate to reach out to us at 970-259-3020.