

PLATELET RICH PLASMA (PRP) INSTRUCTIONS



- **Please avoid any anti-inflammatory medications such as ibuprofen, naproxen, aspirin, motrin, advil, aleve, voltaren, or mobic for 3-4 days prior to the procedure. Continue to avoid these medications for 7 days after the procedure. You are allowed to take Tylenol/acetaminophen before and after the PRP injection.**
- Keep the injection site clean and dry with a Band-Aid for 12 hours. You may shower at any time. Avoid pools/hot tubs for 48 hours.
- **Please apply ice to the injection site for roughly 20 minutes at a time, 3 times a day for the first 24-48 hours to help with any pain.** About 1 out of 10 patients will experience a post-injection flare due to your immune system being hyper-stimulated. This may make the first 24-48 hours after the injection *painful*. This is the reason to use the ice and Tylenol if needed.
- You may use Tylenol (acetaminophen) or Ultram (tramadol) for pain as needed both prior to and after the injection.
- Call the office if you develop drainage from the injection site, increasing redness, fever or chills.
- You may experience some localized swelling and bruising at the injection site that can take 3-7 days to resolve.
- You will be given instructions prior to leaving the procedure room on physical activity you may or may not engage in.
- Platelet Rich Plasma releases growth and healing factors and it is important to not disturb the area of injection for at least 48 hours. For the 48 hours following the injection, we ask that you refrain from rigorous activities involving the injection site in order to receive the maximum benefit of the PRP growth factor stimulation. You may gradually increase your activities back to normal over the course of the next 2 weeks. Please ask us at the time of injection about any particular activities/sports you would like to return to and we can discuss the ideal time-table for return.
- PRP does not provide immediate relief. It may take a few weeks to take effect. You will not necessarily need multiple injections of PRP. Based on how you respond to the first injection we will help you determine whether a 2nd injection might be beneficial.
- You may drive home from the procedure if you feel comfortable.

**Note: PRP is not typically covered by insurance*

Please call the office with any questions or concerns at 630-584-1400