

PRP INJECTION PRE & POST CARE INSTRUCTIONS

BEFORE INJECTION

- Stop the following medications:
 - All NSAIDs and corticosteroids 2 weeks prior to the injection. This includes Motrin, Advil, Aleve, Naproxen, prescription NSAIDs, etc. Acetaminophen (Tylenol) is OK to take.
 - Aspirin 3 days prior.
 - Supplements: garlic, ginseng, ginkgo biloba, green tea, vitamin E, zinc.
 - Anticoagulants: need to discuss with your doctor/cardiologist prior to stopping. This includes Coumadin, Plavix, Eliquis, Pradaxa, etc.
- Ensure you have a driver for your appointment.
- Drink plenty of fluids and be well hydrated for the blood draw and/or procedure.
- Eat prior to the procedure. You do not need to fast.
- Wear comfortable clothes.

AFTER INJECTION

- **Follow these medication guidelines.**
 - **No NSAIDs for at least 2 weeks post injection but preferably 6 weeks.**
 - **No aspirin for 48 hours after injection.**
 - **You can use Tylenol or prescribed pain medication as needed.**
- Discuss with your provider if Rehab- physical therapy is recommended for your full recovery. Physical therapy can help provide good progression back to normal activity.
- Most patients return to work or school the next day, but some patients may require a day or two off. A note can be provided if necessary.

POST INJECTION EXPECTATIONS & GOALS

TIME OF INJECTION

- The injection will most likely be uncomfortable and even painful in some instances.

FIRST FEW DAYS

- The injection site can be painful, red, hot, or swollen as we have stimulated an inflammatory response. This discomfort can be managed with Tylenol.

WEEK 1-2

- Most patients reach their pre-injection baseline around this time frame, but it can be normal to take longer than this.

WEEK 2-4

- Most patients start to have improvement in their pain and can start progressing back to activity.

WEEK 4-8

- The goal is to start progressing back to normal activity. Start slow. Cut activity/distance/time/intensity by about half and slowly build up.

3-6 MONTHS

- Your doctor may be able to see changes on ultrasound depending on your condition.

9-12 MONTHS

- Your doctor may be able to see changes on MRI/X-ray depending on your condition.