



## **Platelet Rich Plasma (PRP) Therapy Pre and Post Care**

### **PRE-CARE INSTRUCTIONS:**

Therapy is very safe because cells from the patient's own blood are used, which means there are no preservatives and no chance of the body rejecting the cells. As with any injection, there are risks of infection, but the risks with PRP injection are very minimal. There may be slight discomfort at the area of the blood draw and injection, but this should subside shortly after. There is a potential for bruising at the site of blood draw.

Ensure you drink plenty of fluids on the day preceding your treatment as well as prior to the procedure. When considering what comfortable clothing to wear on the day of your procedure, keep in mind staff will need access to the vein on the inner part of your elbow. The medical staff will also need to access the injection site and may provide disposable shorts for easier access.

The American Academy of Orthopedic Surgeons recommends patients adhere to the following pre-injection guidelines:

- Avoid Corticosteroid medications for 2-3 weeks prior to the procedure
- It is recommended to stop any blood thinners 3 days (or 72 hours) prior to the procedure. Before ceasing any medication, consult with your prescribing physician to ensure this would be an appropriate option. More specific guidelines include:
  - **Coumadin**: It is preferred to have an IND (blood clotting test) to OK the procedure beforehand.
  - **Plavix**: Must be off 72 hours prior to the procedure, with an OK from the prescribing provider
  - **Baby Aspirin**: Must be off for one week prior to the procedure and at least one week after the procedure.
- Stop taking non-steroidal anti-inflammatory drugs (NSAIDs), such as Ibuprofen, Motrin and Aleve, or Arthritis medications such as Celebrex, a week (5 days minimum) prior to the procedure.
- In addition, high doses of some Vitamins and Supplements like Omega 3s can thin your blood so please avoid these 5 days prior to the procedure
- Drink plenty of fluids the day before and on the day of the procedure
- You should not have PRP therapy if you have: Abnormal platelet function, Active systemic infection, Active cancer, Low-platelet count (thrombocytopenia), Severe anemia, Hypofibrinogenaemia

During the course of your treatment(s), notify our staff of any changes to your medical history, health status, or personal activities that may be relevant to your treatment.

## **POST-CARE INSTRUCTIONS:**

### What to Expect after Treatment:

Immediately following the procedure, the most commonly reported temporary side effects are soreness, swelling, tenderness, numbness and/or a feeling of pressure at the injection sites and/or treated area(s). There may be slight discomfort at the area of the blood draw and injection, but this should subside shortly after. There is a potential for bruising at the site of blood draw.

### Discomfort/ Pain Management:

Ice causes vasoconstriction, which counteracts what the PRP procedure is trying to accomplish, so the use of ice is discouraged. Heating pads may be used for pain relief and comfort. Tylenol is recommended if needed for discomfort but avoid NSAIDs such as Ibuprofen, Motrin and Aleve for 2 weeks following the injection.

### To Maximize Results and Prevent Complications:

- Keep moving the joint and stretching with gentle active range of motion (AROM) exercises
- Avoid strenuous exercise, heavy lifting, or impact activity for 1 week
- Transition with non-impact activities with progressive resistance, duration, and intensity: elliptical trainer, stationary bike, deep water running before resuming full exercise regimen

Follow-up Appointment/ Treatment: Most patients see improvement within 4-8 weeks with continued improvement for up to 12+ weeks.