



PRP Instructions

Pre-Procedure Instructions

1. Medications: Stop any nonsteroidal anti-inflammatory drugs (Ibuprofen, Naproxen, Aleve, Celebrex, Mobic), 5 days prior to your procedure. If you are on blood thinners (Aspirin, Plavix, Coumadin, etc.), check with your primary care physician or cardiologist if one dose of your medication can be skipped on the day of the injection.
2. Hydration: Drink plenty of water in the days leading up to the injection to stay hydrated. On the day of the injection, drink as much water as possible (up to 1 gallon). This will also assist in the ability to draw your blood for the procedure.
3. Food: Eat a light meal before the procedure to avoid feeling lightheaded or dizzy.
4. Clothing: Wear comfortable, loose-fitting clothing that allows easy access to the injection site.
5. Transportation: If you have any concerns about driving home after the procedure, bring a friend or a family member to your appointment.



Post-Procedure Instructions

1. Medications: All anti-inflammatory medications should be avoided for **two** weeks following the procedure (Ibuprofen, Naproxen, Aleve, Celebrex, Mobic) as they may interfere with the healing response. Blood thinners may be re-started 12-24 hours following the procedure. You may take extra strength Tylenol for pain as this will not interfere with the PRP injection.
2. Rest: Avoid any strenuous activity for 1 week following the injection and rest the area as much as possible in this initial phase. This will help the tissues heal and will help prevent any further inflammation of the area.
 - Day 8-14: Light aerobic exercises and stretching may be initiated
 - Weeks 2-6: Isometric exercises may be initiated with high repetitions. Avoid eccentric exercises.
 - Week 6-12: Initiate progressive return to eccentric exercises.
3. Pain: You may experience an increase in pain and soreness following the injection. This is a normal experience after a PRP injection as it works by stimulating an inflammatory response and simultaneously releasing growth factors for healing. Pain may persist for up to 6 weeks following the procedure, but it does improve with time. Be patient and stay positive!
4. Ice: Apply ice to the injection site for 20 minutes 4-5 times per day for the first 4 days to reduce swelling and discomfort.
5. Hydration: Drink plenty of water to stay hydrated.
6. Monitoring: If you develop a fever ($>100.4^{\circ}\text{F}$) or persistent redness at the site of the injection call the office at (727) 938-1935. There is a very low risk of infection with this procedure but the risk is not 0%.
7. Follow-up: Attend any scheduled follow-up appointments to monitor your progress.