

PLATELET-RICH PLASMA (PRP) POST-PROCEDURE INSTRUCTIONS

Platelet Rich Plasma (PRP) treatments use concentrated growth factors from your blood that are injected into the area of injury. You will not feel pain relief from the procedure right away, and you will likely experience an increase in discomfort after the procedure. Tendon injections often have a significant increase in pain post procedure that can last several days.

Joints can take 6 weeks to start feeling better and tendons can take 8 weeks to start feeling better. Maximum improvement takes place over a period of several months.

Orthobiologic treatments have not been authorized by the FDA and are considered experimental by the FDA.

DISCONTINUE ANY ANTI-INFLAMMATORY/ ANTI-PLATELET MEDICATIONS*

At least one week before and two weeks after.

- Advil
- Aleve
- Aspirin
- Celebrex
- Coumadin
- Diclofenac
- Fish Oil
- Ibuprofen
- Meloxicam
- Nabumetone
- Naproxen
- Plavix
- Xarelto

* Do not discontinue antiplatelet therapy without discussing with your primary physician first.

WHAT DO I NEED TO PREPARE FOR INJECTIONS

- Bring a driver.
- Bring DME (durable medical equipment) such as: crutches, boots, sling, splint, etc.
- Drink lots of water for 48 hours prior to your injection.

COMPRESSION

- If the PRP is in your hip, groin or thigh, please bring compression shorts with you.
- We will provide a compression sleeve for all other areas.

ACTIVITY

- Do not submerge the injection site for the first 48 hours following injection. You may shower but no baths or hot tubs where the site would be completely submerged by water.
- Please discuss possible work/activity restrictions prior to the procedure.
- Rest the area for the first 2 - 3 days.
- No excessive activity for the first 2 weeks.
- Return to activities will be determined by your medical team on the day of the procedure.
- Physical therapy will begin after 1 - 2 weeks.



PAIN CONTROL

It is common to have pain and swelling after the procedure. Pain often lasts 3 - 4 days but may last up to 2 weeks after the injection.

ICE

- You may use ice for pain control 1 - 2 days after the procedure for 15 - 20 minutes at a time. Allow at least 30 minutes before repeating.
- Do not use ice after the second day.
- Do not apply heat the first 3 - 4 days after the injection.

MEDICATIONS

- You may use acetaminophen (Tylenol) over the counter if needed.
- Avoid non-steroidal anti-inflammatories (NSAIDs) for at least 2 weeks after and up to 6 weeks after the procedure if able.

PLEASE CALL US IF ANY OF THE FOLLOWING HAPPEN:

- Fever over 101° F (or 39.0 °C)
- Redness or drainage at the injection site
- New weakness, numbness, or tingling at or below the level of the injections
- Any other concerns

WE ARE TRACKING PATIENT CLINICAL OUTCOMES. WHAT DOES THIS MEAN?

We use a secure data tracking system called Data Biologics. You'll receive an email to complete a survey the day of the treatment and a few months post treatment. This data allows us to compare our patient outcomes to other providers across the country to help us better modify our protocols and individualized treatment plans.



SCAN HERE FOR
PRICING INFORMATION
OR CALL 317.419.6019



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