



## Platelet-Rich Plasma Treatment (PRP)

### General Instructions:

- Stop the following medications prior to the injection:
  - Aspirin- stop 6 days before
  - Anti-inflammatories (NSAIDS)- stop 4 days before- **For elbow/hand/ankle injections don't resume for 2 weeks**
  - Plavix and other blood thinners- stop 7 days before
- Plan to have someone drive you home if you've had an ankle or achilles injection
- Your provider will evaluate on a case-by-case basis whether aspirin taken for other issues (cardiac, vascular, etc...) should be stopped or continued before the time of the injection
- Your provider may prescribe a pain medication at the time of the injection
- Injection site pain is usually worst 2-3 days after the injection
- Infection is very uncommon, but look for fever, chills, increased redness and drainage at the injection or venipuncture site
- It's normal to feel worse or no better for up to four weeks

### What to Expect:

- After arriving a medical assistant will ask you a few questions regarding your medical history, they will also do some simple tests such as take your blood pressure
- Please inform the medical assistant and or/physician of any allergies you may have before your exam
- Your provider will discuss the therapy in detail with you and answer any questions you may have, unless already discussed at your previous visit
- The procedure takes approximately 30 minutes
- Your injection may be combined with a hyaluronic acid injection (see separate sheet)

### After care following PRP Injection:

- It is suggested to go home and not go back to work or run errands the same day
- Ice should be applied to the area of injection for about 20 minutes, 3 times a day for the next 48 hours
- For foot/ankle/elbow/hand injections DO NOT TAKE anti-inflammatory medications for the next two weeks
- Pain in the injection site is normal and to be expected
- Avoid vigorous or strenuous activities for the first 3-4 days for shoulder and knee, 7 days for elbow/hand, and 14 days for foot/ankle, then as tolerated
- Upper extremity (shoulder/elbow): Start physical therapy if prescribed 3-4 days after injection or resume activities as tolerated. A sling should be worn for 1 week for elbow injections
- Knee (joint/patellar tendon): Start physical therapy if prescribed 3-4 days after injection or resume activities as tolerated.
- Foot/Ankle (joint/Achilles and other tendons/planter fascia): A cam walker boot should be worn for 3-4 days, crutches as needed, then physical therapy should start