



FULLRANGE
SPINE & ORTHO

PRP Procedure Instructions

BEFORE THE INJECTION

- Stop the following medications prior to the injection:
 - Blood thinners as instructed
 - Stop anti-inflammatory medications / supplements, most commonly **NSAIDs (list below)**
 - Stop 2 weeks PRIOR to the injection.
 - **Do not take for at least 4-6 weeks AFTER the injection. It will make the PRP weaker.**
 - **Aspirin** – if possible, stop at least 1 week prior to the injection, 2 weeks is better. Your provider will evaluate on a case-by-case basis on stopping/resuming aspirin.
 - Stop turmeric supplements.

| GENERIC NAME | BRAND NAME |
|--------------|----------------------------|
| Aspirin | Bayer, Aspirin, Excedrin |
| Ibuprofen | Advil, Motrin |
| Naproxen | Aleve, Midol, Naprosyn |
| Nabumetone | Relafen |
| Meloxicam | Mobic |
| Diclofenac | Cambia, Cataflam, Voltaren |
| Ketorolac | Toradol |
| Sulindac | Clinoril |
| Indomethacin | Indocin |
| Celecoxib | Celebrex |

- Platelets will be extracted from your blood. Platelets contain growth factors that trigger the healing response of the body. The platelet-rich plasma (PRP) will be injected into the damaged area.
- You should not have PRP therapy if you have: Abnormal platelet function, Active systemic infection, Active cancer, Low-platelet count, Severe anemia, Hypofibrinogenaemia

AFTER THE INJECTION

- Expect to have soreness after the procedure. On average, the soreness lasts approximately 3-4 days then will gradually decrease, but in some cases may last longer, up to two weeks. Some patients have no pain, but this is not common.
- You will not feel immediate pain relief from this procedure as the body only works so fast. Remember, maximal improvement occurs over a period of several weeks to months.
- If you can tolerate it, to make the PRP stronger use a heating pad in the area for the first 3-4 days, however this may increase inflammation and, in turn, increase soreness. Otherwise, do not use a heating pad.
- If you have pain:
 - DO NOT TAKE non-steroidal anti-inflammatories (list above) for a minimum of 4 weeks after the procedure.
 - Tylenol is okay to take. Do not exceed 3000mg per day.
 - You may ice the area but this may weaken the PRP.
- Avoid vigorous or strenuous activities for the first 3-4 days until the soreness resolves. Normal, day-to-day activities are okay during this time as pain allows. When you start to feel improvement, you may gradually return to exercise as tolerated.
- You may resume all of your usual medications the day of your procedure unless instructed differently by your physician.
REMEMBER: NO ANTI-INFLAMMATORIES.
- Contact our office by telephone (855-906-7246) for emergencies:
 - If you develop a fever of 100.4 or greater, redness, pus, or drainage at the injection site.
 - If you have nausea, vomiting, unusual pain or swelling at the site of the procedure.
 - If you develop severe pain, contact our office.
- If you experience difficulty breathing or excessive bleeding, call 911 and/or go to the nearest emergency room. Take this sheet with you to give to the emergency room staff.