

PRP PRE-TREATMENT INSTRUCTIONS

Platelet Rich Plasma (PRP) is a blood product made from your own blood. Platelets are responsible for starting the healing needed after any injury. Normally, when an injury occurs, platelets within your bloodstream are signaled to go to the injured area and stop the bleeding. Once they do this, the platelets will burst open releasing all the growth factors which signal the body to do 3 things: grow blood vessels, get rid of the injured tissue, and build new collagen.

The injection of a concentrated amount of platelets into an injured area is a way in which to stimulate healing and repair. Five to ten times a person's normal blood level of platelets are injected into all the injured areas surrounding the joint and into the joint itself. Sometimes a single tendon is treated.

PREPARING for PRP injections:

1. Drink plenty of water! The goal is 1/2 your body weight in ounces of water for 2-3 days before the procedure.
2. Avoid eating any fat after dinner the night before the procedure and until after your blood is drawn.
3. Avoid any food for 4 hours before your blood is drawn. Come in fasting if you are scheduled for the first procedure of the day.
4. Stop high dose fish oil 3 days before (300mg or less does not affect bleeding).
5. Bring crutches if you have them and you're having a lower extremity treated.
6. Having a driver is suggested for the first treatment and for neck and right leg procedures.
7. If you take regular medication, let's review what to take.
8. Wear or bring clothing that allows for exposure of the area that needs to be treated.

AVOID NSAIDS (non-steroidal anti-inflammatory drugs) such as Ibuprofen, Aleve, Advil, Celebrex, Motrin, Naprosyn, high dose aspirin (above 81 mg) **AND STEROIDS**, such as prednisone, for at least **2 weeks before** and at least **6 weeks after** treatment.

AVOID HERBAL ANTI-INFLAMMATORIES for 3 days before treatment. (e.g. Zyflamed, turmeric, bromelain, garlic, ginseng, vitamin E >400iu/day, feverfew, ginger, saw palmetto, dong quai, ginkgo biloba, chondroitin). These can be restarted the next day. Arnica is okay.

AVOID ANTIBIOTICS for an active infection or illness. We would not want your body to be in competition with itself while trying to fight an infection and trying to heal from PRP. Please call if you have any questions and/or to postpone treatment.

HOLD BLOOD THINNERS or other **PLATELET INHIBITOR** medications, such as Coumadin (Warfarin), Heparin, Lovenox (Enoxaparin), Innohep (Tinzaparin), Fragmin (Dalteparin), Normiflo (Ardeparin), Pletal (Clostazol), Trental (Pentoxifylline), Plavix (Clopidogrel), Ticlid (Ticlopidine), Orgaran (Danaparoid), Persantine (Dipyridamole), Aggrenox (Dipyridamole/Aspirin). These increase the risk of bleeding, which can be detrimental especially with injections near the spine. We need to work with the physician prescribing these medications to determine how long before the procedure you should avoid taking them.

What to expect on the day of treatment:

When you arrive to the office on the day that you are being treated with PRP, you will complete a questionnaire that will list the above items to make sure that there is no reason to not do the procedure. Then you will have your blood drawn. After the blood draw, you can eat (either bring food or go out). It will take anywhere from 30 minutes to 1 hour to process your blood in our lab. After it is processed, a single joint takes about an hour to treat. The spine can take slightly longer, and any additional treatment area will increase the treatment time to two hours.

Nitrous oxide is an option to reduce anxiety and discomfort related to the procedure. It is always available on the day of treatment and incurs a separate charge.

(updated 8/31/23)