

ORTHOPAEDIC SURGEONS, P.C

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Platelet Rich Plasma (PRP) Injection patient Instruction sheet

Pre-Injection:

- No NSAIDS (Advil, Aleve, Motrin, Ibuprofen) for 48 hours prior to injection. No steroid injections to the PRP site for at least one month pre-injection. These medications can affect the inflammatory phase and healing promoted by the PRP.
- Fully hydrate and eat normally for 24 hours prior to blood draw/PRP injection.

Post-Injection:

- Depending on injection location, injection site may be immobilized for the first 24 hours.
- Ice for 15-20 minutes at a time totaling no more than 3 hours per day for the first 48 hours.
- You may require Tylenol or prescribed pain medication, as the injection site may be uncomfortable for 36-48 hours.
- No NSAIDS (Advil, Aleve, Motrin, Ibuprofen) for 2 weeks.
- Rest injection site as instructed by physician.