PATIENT GUIDE

Preparing for Your PRP Injection

Use this checklist before your platelet-rich plasma (PRP) treatment. Follow any different instructions given specifically to you by your clinician.

Rx MEDICATIONS

- Ask your clinician about every medicine you currently take, including aspirin.
- You may need to avoid common over-the-counter pain relievers known as NSAIDs for 7-10 days before PRP.
- Acetaminophen is typically safe to use before PRP treatment.

S SUPPLEMENTS

- Avoid fish oil, flaxseed oil, and other omega-3 fatty acids for 1 week before PRP.
- Avoid herbal anti-inflammatory medicines, such as turmeric, for 1 week before PRP.

H2O HYDRATION & DIET

- Drink about 84-100 fluid ounces of water per day for 48-72 hours before PRP.
- Avoid foods containing a lot of saturated fat, sugar, or cholesterol.

L LIFESTYLE

- Avoid alcohol for 48-72 hours before your PRP injection.
- Avoid nicotine for 2-4 weeks before your injection.
- Avoid or limit coffee consumption.

EX EXERCISE

- For 48-72 hours before PRP, avoid high-intensity or heavy targeted exercise; light aerobic activity is encouraged.
- Within 5 minutes to 1 hour before your injection, complete a short burst of high-intensity exercise.

! **Important: Do not stop a prescription medication, prescribed aspirin, or a blood thinner on your own. Ask your clinician for guidance about medicines you take.**

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Taking Care of Yourself After PRP

A post-injection flare of pain, stiffness, and swelling is common. Follow any different aftercare instructions given specifically to you.

Rx MEDICINE

- A post-injection flare of pain, stiffness, and swelling is common and usually can be treated with a low dose of acetaminophen and heat therapy.
- For best results, avoid aspirin, ibuprofen, and corticosteroids for 7-10 days after PRP. Ask your clinician for guidance about medicines you take.

L LIFESTYLE

- Drink plenty of water and avoid alcohol during your recovery.
- Avoid nicotine for 2-4 weeks after your injection.

S DIET & SUPPLEMENTS

- Eat regular meals with enough protein to help your body recover.
- Do not diet or restrict calories after your injection.
- Avoid omega-3 fatty acid supplements, such as fish oil and flaxseed oil, and herbal anti-inflammatory medicines, such as turmeric, for 7-10 days.

EX EXERCISE

- Rest for up to 48 hours after PRP treatment, then slowly resume normal daily activities.
- Avoid high-load or high-impact activity for up to 2 weeks, unless otherwise directed.

HC HOT & COLD

- It is recommended not to place ice or cold packs on the treated area.
- Heat therapy, such as a heating pad, may help relieve pain and have other beneficial effects.

i Questions? If you have questions about post-PRP care, medications, or activity,

please call Motion Orthopedics at 212-355-5555.