



# OAM Sports Medicine Specialists

## PRP Injection Procedural Instructions

### Preparing for Your PRP Injection

- Stop the following medications:
  - All NSAIDs and corticosteroids 2 weeks prior to your injection. This includes Motrin, Advil, Aleve, Naproxen, prescription NSAIDs.
  - Aspirin 3 days prior to your injection.
  - Supplements 2 weeks prior including garlic, ginseng, ginkgo biloba, green tea, Vitamin E, zinc.
  - Tylenol is OK to take.
- Anticoagulants—Before stopping any anticoagulant medication, you will need to discuss this with your doctor/cardiologist. This includes Coumadin, Plavix, Eliquis, Pradaxa, etc.
- Pre-treatment medication for anxiety is available if needed. This medication needs to be requested one week before the procedure in order to provide the pharmacy time to fill this prescription and for you to pick it up BEFORE the procedure. It is OK to take this medication before and after the injection.
- No driving—make sure you have a driver with you.
- Drink plenty of fluids to make sure you are well hydrated for the blood draw and/or procedure.
- It is okay to eat prior to the procedure; fasting is not necessary.
- Wear comfortable clothes.

### After Injection

- RICE Therapy—rest, ice, compression, and elevation for pain relief.
- Medications
  - No NSAIDs for at least two weeks after your injection.
  - You may use Tylenol or prescribed pain medication as needed.
  - No aspirin for 48 hours after your injection.
- Rehab—physical therapy may be ordered to help your progression back to normal activity.
- Most patients return to work/school the next day. Occasionally some patients may require a day or two off work depending on how their body responds to the inflammatory phase.



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## Post Injection Expectations & Goals



ORTHOPAEDIC  
ASSOCIATES  
OF MICHIGAN

### IMMEDIATELY AFTER THE INJECTION

The injection will most likely be uncomfortable and even painful in some instances.

### FIRST FEW DAYS

The injection site can be painful, red, hot, or swollen as the injection has stimulated an inflammatory response. This discomfort can be managed with Tylenol.

### WEEK 1-2

Most patients reach their pre-injection baseline around this time frame, but it can be normal to take longer than this. Physical Therapy may help to regain motion and decrease pain.

### WEEK 2-4

Most patients start to have improvement in their pain and can start progressing back to activity. Physical Therapy may help to improve strength and activity.

### WEEK 4-8

The goal is to start progressing back to normal activity.

- Start Slow – cut activity/distance/time/intensity by about half and slowly build up.
- Physical Therapy may help to progress activity, returning to sports and more advanced activities.
- GOAL – 25-50% better at 6 weeks (but can take longer in some situations.)

### 3-6 MONTHS

Your doctor may be able to see changes on ultrasound depending on your condition.

### 9-12 MONTHS

Your doctor may be able to see changes on MRI/X-ray depending on your condition.