



PRP Injection Treatment Pre-Care Instructions:

Platelet-Rich Plasma (PRP) therapy uses your body's own growth factors to support healing and reduce pain. To prepare for your treatment and ensure the best results, please follow these instructions before your appointment.

1. Medications to Avoid

- **Stop anti-inflammatory medications (NSAIDs)** such as ibuprofen (Advil[®], Motrin[®]), naproxen (Aleve[®]), aspirin, or other similar medications **7 days before and 7 days after** treatment, unless directed otherwise by your prescribing doctor.
 - These medications can interfere with the platelet activity that is essential for healing.
- Acetaminophen (Tylenol[®]) is safe to take for pain if needed.
- Do not stop any prescribed medications without first consulting your physician.

2. Blood Thinners & Supplements

- If you take blood thinners (such as Coumadin[®], Plavix[®], Xarelto[®], Eliquis[®]), please inform your provider. Adjustments should only be made under medical supervision.
- Avoid high-dose fish oil, vitamin E, ginkgo, garlic, or other supplements that increase bleeding risk for at least **5–7 days** prior to treatment.

3. Hydration & Nutrition

- Drink plenty of water in the 24 hours leading up to your procedure. Being well-hydrated helps with your blood draw and overall recovery.
- Eat a healthy meal before your appointment. Do not arrive on an empty stomach.

4. Alcohol & Smoking

- Avoid alcohol for at least **24 hours before and after** your injection.

- Smoking can impair healing. Reduce or avoid smoking before and after treatment if possible.

5. Illness or Infection

- Please notify the clinic if you develop a fever, illness, skin infection, or active infection of any kind before your appointment. Your treatment may need to be rescheduled for safety.

6. Clothing & Comfort

- Wear loose, comfortable clothing that allows easy access to the treatment area (shorts for knees, sleeveless shirt or tank top for shoulder injections).
- Arrange for someone to drive you home if you anticipate discomfort after the injection, especially for your first treatment.

7. What to Expect

- You may experience some temporary discomfort or soreness after the injection as your body initiates its healing response.
- Results are gradual—healing and improvement typically occur over several weeks as platelets release growth factors and stimulate tissue repair.