

Platelet-Rich Plasma (PRP) Injection

Patient Preparation Guide



MIDWEST
ORTHOPAEDICS
AT RUSH

Before Your PRP Injection

Your physician will review your current medications and address any questions or concerns prior to your PRP injection.

Tylenol (acetaminophen) is typically acceptable for pain relief if needed.

NSAIDs: Please follow your physician's guidance.

Blood thinners

Do **not stop prescription blood thinners on your own**. If you take medications such as aspirin, Eliquis, Plavix, warfarin, Pradaxa, or similar medications, please consult the physician who prescribed them before making any changes.

Avoid steroid medications if possible

Steroids may interfere with the PRP. If you are taking oral steroids or recently had a steroid injection, please notify your provider.

Limit certain supplements

Some supplements may affect platelet function or bleeding. If possible, avoid supplements for 3 days prior such as:

- Fish oil / Omega-3
- Vitamin E
- Turmeric / Curcumin
- Garlic supplements
- Ginseng or Ginkgo

Hydrate well

Drink plenty of water the day before and the morning of your procedure. Proper hydration helps with the blood draw and PRP preparation.

Eat before your appointment

You do **not need to fast** prior to PRP. We recommend eating a normal meal before your appointment.

Avoid alcohol and smoking

Limit alcohol and avoid smoking in the days leading up to your procedure, when possible, as both may negatively affect healing.

Wear comfortable clothing

Wear clothing that allows easy access to the treatment area.

What to Expect the Day of the Procedure

PRP is an **in-office procedure** that typically takes **45–90 minutes**.

Steps generally include:

1. A sample of your blood is drawn.
2. The blood is processed in a centrifuge to concentrate platelets.
3. The platelet-rich plasma is injected into the treatment area

Each procedure can have a variable amount of pain or discomfort. We recommend discussing your specific case with your doctor.

The risks of the procedure are low with bleeding and infection less than 0.1%.

The most common side effect is local soreness or pain.

Some patients do experience increased pain for a few days after the procedure.

After Your PRP Injection

Some soreness or swelling at the injection site is common and expected for several days.

Post-procedure recommendations may include:

- Continue avoiding anti-inflammatory medications unless instructed otherwise
- Use **Tylenol (acetaminophen)** if pain relief is needed heat is preferred over ice for topical treatment
- Gradually return to normal activity as directed by your provider
- Contact your care team if you experience significant swelling, fever, or worsening pain.

These guidelines are general recommendations for PRP therapy. Please follow any specific instructions provided by your treating physician.