



CAPITAL SURGICAL ASSOCIATES

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Platelet Rich Plasma (PRP) Injection Therapy Instructions

Before Arriving for Your PRP Injection

Minimize alcohol, tobacco and caffeine 2 days prior to your injection. Smoking causes many health issues and will affect your body's ability to heal. Continued smoking will increase likelihood of symptom recurrence and can decrease PRP benefits as it delays onset of relief and may lead to requiring more injections for effectiveness.

If you have started any new medications since your last office visit, please notify our office prior to your scheduled injection to ensure it will not interact with the PRP injection.

Medications and supplements to stop prior to your injection:

- Aspirin- stop 5 days before
- Anti-inflammatories (NSAIDs) (ibuprofen/naproxen/meloxicam, etc)- stop 5 days before. Tylenol is fine to continue
- Plavix and other platelet medications (cilostazol, effient, clopidogrel, ticagrelor)- stop 7 days before
- Stop any of the following supplements 7 days prior to injection: Black currant seed oil, Krill oil, Borage oil, Nattokinase, Bromelain, Papain, Evening primrose oil, Serrapeptase, Fish oil, Wobenzyme, Flaxseed oil
- Chronic oral steroid medications need to be tapered off as directed by your PCP or prescribing physician. You will need to be off of these medications for 1 month prior a PRP injection

You should not have PRP therapy if you have:

- Abnormal platelet function
- Active systemic infection
- Active cancer
- Low-platelet count
- Severe anemia

What to expect during your PRP injection visit:

You will have a blood draw which will be used for your PRP injection. This blood draw contains your body's natural healing components (growth factors) which will be concentrated in a centrifuge. The concentration process takes about 20 minutes. During this time you will be resting in the exam room. Once the PRP is concentrated, the area of treatment will be cleansed and then the platelet rich plasma is injected to stimulate and enhance healing.

Repeat PRP Injections: In many cases, one treatment is enough, but in certain cases between two and three treatments will be needed to obtain maximum benefit. If you are not seeing at least 25% of pain improvement two weeks after the injection, a secondary PRP injection should be repeated 3-4 weeks after the first injection. Please call the office two weeks after your first injection to schedule your second injection if needed.

Future repeat PRP injections can be performed every 3-4 months as needed when symptoms return but typically are not needed for 6-9 months after the first treatment series is completed.

After Your PRP Injection:

- Expect some soreness or swelling at the area of the injection for several days after the injection
- Apply an ice pack for 15 minutes to the injected area every 2-3 hours for the first 12 hours following the injection and then as needed
- For pain: Apply over the counter lidoderm patch to the area as directed or you may use over-the-counter dosing of acetaminophen (tylenol) as needed
- Avoid any stressful activities for the first two days after the injection. Restart cardio exercises like stationary bike and elliptical trainers as tolerated 1-3 weeks after the injection. Weight lifting and running with the involved joint should be avoided for 4 weeks after the injection
- **DO NOT** take Aspirin and NSAIDS for two weeks after you injection as these interact with the platelets and growth factors. If you are on a baby aspirin for cardiac reasons, you are safe to return to your regular baby aspirin dosing the day after your injection
- Supplements stopped prior to your injection can be restarted 2 weeks after the injection
- Oral steroid medications can be restarted 4 weeks after the injection
- Minimize Alcohol, caffeine, and cigarettes for 2 days after treatment

Expectations after your injection:

Sometimes it can seem like your injury is worse than before the treatment, but that is because an inflammatory response has just been stimulated. This is common, and the temporary worsening of your symptoms usually doesn't last. Since PRP's effectiveness is based on your own body's ability to heal, most patients notice improvement after 2 weeks. In most cases, pain is replaced with soreness and then the soreness goes away. Strength and endurance slowly increase with time. Many patients notice improvement for as long as 6 to 9 months.