

PLATELET RICH PLASMA (PRP) – PATIENT GUIDE

You have elected to proceed with a platelet rich plasma (PRP) injection. Blood will be drawn from your vein and centrifuged to remove the red blood cells. The ratio of white blood cells will be adjusted according to the disease being treated, and the platelets will be concentrated in a plasma medium. The platelet concentrate will be injected into your problem site.

Please stop any prescription or over the counter anti-inflammatory medicines such as Aspirin, Motrin, Advil, Ibuprofen, Aleve, Naprosyn, Naproxen, Voltaren, Diclofenac, Meloxicam, Mobic, Celebrex, for 7 days- prior to the procedure.

If you are taking blood thinners like Aspirin, Plavix, Xarelto, Eliquis, or Savaysa for cardiovascular conditions, you must first consult with your prescribing physician to stop them before the procedure. In general, we follow these guidelines:

- Plavix® - Stop for 7 days prior to appointment (you will need clearance from your cardiologist if you have cardiac stents in place).
- Coumadin® - Stop 5 days prior to appointment with an INR drawn the day before your appointment.
- Aggrenox® - Stop 7 days prior to your appointment.
- Lovenox® - Stop 24 hours prior to your appointment.
- Xarelto® - Stop 3 days prior to your appointment.

Prednisone or any other oral or inhaled corticosteroid medications must be discontinued 4 weeks prior to and 4 weeks after any of these procedures. Please consult with your prescribing physician ensure it is safe to stop them.

Since the typical local anesthetics can disrupt the platelets, we will not be able to use local anesthesia for the injection. Cold spray will be applied to numb the superficial skin. Depending on the affected area that is being injected, the pain from the injection itself can vary greatly. Tendon injections are typically the most painful, followed by muscle and joint injections. Please request pain medication if desired.

PHYSICAL THERAPY:

It is recommended that you start physical therapy within 1-2 weeks from your injection. Please schedule your appointment ahead of your procedure.

RESTRICTIONS:

Depending on the affected area that is being injected different restrictions will be imposed.

- A driver is always recommended the day of the procedure
- Ensure to discuss with your employer potential for time off work or modified duty
- Medical Equipment Needed
 - Crutches Shoulder Sling Elbow brace Wrist Brace
 - Hip Brace Knee Brace CAM Boot Walker
 - Knee Scooter

PRP POST-INJECTION INSTRUCTIONS

Your injection site will be sore for the first 1-2 weeks. Some patients can get a post injection flare up of moderate to severe pain due activation of the immune system. This is a normal reaction and typically improves within 1-2 weeks. Tendon injections are typically the most painful, followed by muscle and joint injections.

Keep the injection site clean and dry. You can remove the band aid within 12 hours. It is ok to shower, do not scrub directly over the injection site and gently pat the incisions dry after showering. Do not go swimming or soak in a pool, bathtub, lake, or Jacuzzi for 1 week after the procedure. Do not ice the area for the first 72 hours. It is ok to use Tylenol or other prescribed pain medication by Dr. Panero as needed for pain. Do not drive or operate heavy machinery when taking narcotic pain medication.

Avoid any prescription or over the counter anti-inflammatory medicines such as Aspirin, Motrin, Advil, Ibuprofen, Aleve, Naprosyn, Naproxen, Voltaren, Diclofenac, Meloxicam, Mobic, Celebrex, for 14 days- after the procedure. Avoid prednisone for 4 weeks after the procedure.

WEIGHT BEARING STATUS:

- Non-Weight Bearing for _____ days/ weeks. Then;
- Partial Weight Bearing for _____ days/ weeks. Then;
- Weight Bearing As Tolerated.

ACTIVITY MODIFICATION:

- As Tolerated
- No High Impact Activities (running, jumping) for _____ week/s
- No gripping, pulling, overhead, repetitive use activities for _____ week/s
- Full Rest for _____ week/s
- Light Duty at work
- Other: _____

RESTRICTIONS:

Shoulder:

- Wear the shoulder sling for _____ days / weeks

Hand / Elbow:

- Wear wrist splint for _____ weeks

Hip Joint:

- Use the hip unloader brace for 4-6 weeks.

Knee Joint:

- Use the knee compartment unloader brace for 4-6 weeks.

Patellar Tendon:

- Wear the knee Immobilizer Brace locked at _____ degrees for _____ days/ weeks. Then;
- Wear the knee Immobilizer Brace locked at _____ degrees for _____ days/ weeks. Then;
- Wear the knee Immobilizer Brace locked at _____ degrees for _____ days/ weeks. Then discontinue.

Foot & Ankle:

- Wear the CAM Boot for _____ weeks

Follow up in: _____ weeks

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REGENERATIVE ORTHOPAEDICS

ACTIVITY / DIET:

- You may be up and around as tolerated by your level of comfort; however, plan to take it easy the remainder of today.
- You may eat and drink as you desire.
- Do not drive for the remainder of the day.

RARE POST-PROCEDURAL SYMPTOMS

You should be alert to report any signs of infection. You should call us immediately if any of the following occur:

- If you experience any swelling, redness, bleeding or discharge from the site of the injection.
- If you have a fever greater than 100 degrees Fahrenheit.
- Any other symptoms of concern.

Call 916-732-3000 if any worsening of pain, swelling, redness, fever, or other signs of infection. Seek urgent medical care if staff unavailable.