

## **PRP Injection Protocol**

### **Pre-Operative Instructions**

- Discontinue anti-inflammatory medications at least 48 hours prior to blood-draw and PRP injection.
- Drink plenty of water to ensure ease of blood draw.
- Wait at least 4 weeks from time of cortisone injection (if applicable)

### **Post-Operative Instructions**

- Avoid anti-inflammatory medications for 48 hours after injection.
- Acetaminophen can be used in place to help with pain/discomfort (where appropriate per your surgeons discretion).
- Patients can expect a light tingling and burning sensation at the injection site for up to four days post-injection. This is a natural response of histamine.
- Do not rub or massage the area of injection excessively.
- Immobilize injection site for 15 minutes post-injection.
- Reduce activity for up to 7 days following injection.