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Platelet Rich Plasma (PRP): Pre and post-injection information

Before your injections:

- Please do not use NSAIDs (ibuprofen, Advil, Aleve, Naproxen, Motrin), aspirin and blood thinners two days PRIOR to injections and five days after treatment.
- Fats, proteins, and carbohydrates that are consumed prior to blood draw influence the quality of blood. As such, please refrain from eating and drinking a minimum of three hours before your injection. You may bring food to clinic; after the blood draw, you may enjoy your snack.
- Please limit water consumption prior to the blood draw to 8 ounces only.

What you can possibly expect:

- After the injection, you may have soreness, minimal bruising, and mild swelling around the injection site. This may persist for several days, but should gradually decrease.
- Range of motion (ROM) in the area may be initially limited, but will improve.
- The goal of PRP is to bring growth factors and healing messengers to the site of insult. As such, inflammation is an expected response that we do not intentionally try to reduce or eliminate.

Additional information:

- Acetaminophen (brand name Tylenol) is our recommendation for pain relief throughout the full series of three injections.
- Avoid ice or cold packs for two days post injection.
- Exercise should be reduced significantly for 2-3 days after the injection in order to not aggravate the region of injection. Causing unnecessary inflammation to the injection site can interfere with the injectate (PRP), thereby reducing its' efficacy.
- As much as possible, excessive exercise should be avoided throughout the series of three injections so as to not aggravate the anatomical location of injection.

Helpful tips:

- Bathing and showering are okay the day of the injection, though no sooner than six hours after the injection.
- Leave the bandage in place for several days until the injection site heals.
- Normal activities of daily living are appropriate to resume immediately, without overdoing exertion or duration.
- It is appropriate to move the injected region in a gentle manner to assist with healing and ROM, though not in excess.
- Warm (not hot) compresses may be used in moderation (1-2 times per day) for several days if these offer symptomatic relief from pain.
- It is not uncommon to make minor adjustments to your normal routine for the first several days after the injection. These may include elevating the affected region, sleeping in a recliner, or sitting on a cushion.

Concerning symptoms:

- Please call should you notice excessive drainage or blood, swelling, exceptional pain, fever over 102 degrees F (as measured by thermometer reading), or foul odor that is emanating from the injection site.
- For questions during business hours (M-F 830-400), please call the Boulder clinic at 303/441-2219, option 3. After hours, (including weekends or holidays), please call this same number and leave a message. Someone will get back to you within 24 business hours.