

2150 Stadium Drive
Boulder, CO 80309
Phone: 303-315-9900
Fax: 303-315-9992

CU Hip Preservation

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 of anything besides water for a minimum of three hours before your injection. You may bring food to clinic; after the blood draw, you may enjoy your snack.
- Please drink water prior to the appointment so you are well hydrated, especially if you are known to have 'tough veins' for blood draw.

What you can possibly expect as a normal part of the procedure:

- 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 flood the area with and bring additional 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.
- Unlike steroid injections, PRP does not improve the area 'right away'. PRP usually takes 4-6 weeks to start feeling its effect and will continue to improve for months. This is because the treatment initiates a biological healing response rather than mask the region like steroid does.

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 one day post injection.
- Exercise should be reduced significantly for 2-3 days after the injection to prevent aggravating the region of injection, interfering with the injectate (PRP), thereby reducing its' efficacy. If the injection was done in the lower body, you can do mild upper body workouts after 24 hours if the injection site is not involved, and vice versa for upper body injections.
- As much as possible, excessive exercise should be avoided throughout the series of three injections 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 24 hours until the injection site seals itself.
- 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.