



Well Beyond.

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Injection Protocol

Platelet-Rich Plasma Injection

General Instructions

- Stop the following medications 1 week prior to the PRP injection:
 - Aspirin: If aspirin is prescribed for other reasons, such as for cardiac history, please discuss this with your provider prior to discontinuing any medication.
 - Anti-inflammatories (NSAIDs): This includes Ibuprofen (Advil, Motrin), Naproxen (Aleve, Naprosyn), Meloxicam (Mobic), Celecoxib (Celebrex), Diclofenac (Voltaren), Indomethacin (Indocin)
 - These nutritional supplements: Vitamin E, Flax Oil, Fish Oil, Vitamin A, Curcumin, Turmeric, Aloe, and Astaxanthin
- Avoid cortisone/steroid injections at the treatment site, or oral/systemic steroids, for at least 1 month prior to your PRP injection
- Please be sure to be well hydrated with water for the day prior to, and morning of, the PRP injection
- The procedure takes approximately 30 minutes

After care following the PRP Injection

- Pain at the injection site is normal and to be expected – you may use ice or take Tylenol for pain, but do not exceed 3000mg in 24 hours
- **Avoid anti-inflammatories (NSAIDs) as much as possible for 4-6 weeks**
- Avoid these nutritional supplements for at least 10 days after your procedure: Vitamin E, Flax Oil, Fish Oil, Vitamin A, Curcumin, Turmeric, Aloe, and Astaxanthin
- Avoid cortisone/steroid injections at the injection site, or oral/systemic steroids, for 6 weeks
- Injection site pain can be normal for 1-4 days after the injection, it is also normal to have little to no pain
- It may take up to 4-6 weeks to see significant improvement in symptoms
- It is suggested to refrain from increased physical activity for the remainder of the day, and avoid submerging the injection site underwater, such as with swimming or in a bathtub, for 24 hours.
- For lower extremity injections, we recommend avoiding high impact activities, such as running or jumping, for 2-3 weeks following the injection

Watch carefully for redness, excessive swelling, excessive bleeding, discharge, fever or pain not relieved by medication. Call immediately (719) 632-7669 if any of these are noticed.