



PRP TREATMENT INSTRUCTIONS

These instructions and a video link are also available on our website
<https://prpclinic.ca/prp-treatment-instructions/>

AVOID the following for about 1 week before and 2 weeks after PRP:

- Anti-inflammatory (NSAID) medication. (eg. Advil, Motrin, Ibuprofen, Aleve, Naproxen, ASA, etc. Please use **tylenol or acetaminophen** instead. (Note: NSAIDs do not affect platelet lysate, but tylenol is still preferred.)
- Smoking
- Alcohol
- Supplements that can thin the blood (eg. glucosamine chondroitin, Ginkgo Biloba, ginseng, garlic, green tea, ginger, Omega 3 fatty acids (fish oil), Vitamin E)

The following is recommended at all times:

- A healthy diet, lots of rest, good sleep
- Hydration with water, but avoid sugary drinks and alcohol

AFTER PRP:

Stage 1: Initial inflammation

- Usually lasts between 5-10 days, but maybe shorter or longer. Downtime is usually shorter with repeated PRP treatments or with platelet lysate.
- Expect swelling, pain, stiffness, etc.
- Rest the treated area during this time.
- Ice or heat may help, apply for no longer than 5-10 minutes at a time. Ice helps to activate platelets and will not reduce the effectiveness of PRP.
- Use tylenol or other prescription medication if needed.
- A light compression or tensor bandage can help with pain from swelling

Stage 2: Recovery and healing

After the initial downtime, focus on improving range of motion for the next 7-10 days, and then strengthening can gradually be introduced. Please work with your physiotherapist for specific recommendations. Some patients may notice improvement as early as 2 weeks, but could take longer, even 3-4 months.

Please call us 604-330-2013 if you experience any: fever, excessive pain, skin changes, or if you have any questions or concerns at all.