



Get ready for your upcoming PRP procedure!

Pre-procedural restrictions are necessary to ensure a good quality of PRP with high platelet integrity. The American Academy of Orthopedic Surgeons and your providers at Montana Laser recommend patients adhere to the following pre-injection guidelines:

- Avoid Corticosteroid medications for 2-3 weeks prior to the procedure
- It is recommended to stop any blood thinners 3 days (or 72 hours) prior to the procedure. Before ceasing any medication, consult with your prescribing physician to ensure this would be an appropriate option. More specific guidelines include:
 - Coumadin: It is preferred to have an IND (blood clotting test) to OK the procedure beforehand.
 - Plavix: Must be off 72 hours prior to the procedure, with an OK from the prescribing provider
 - Baby Aspirin: Must be off for one week prior to the procedure and at least one week after the procedure.
- Stop taking non-steroidal anti-inflammatory drugs (NSAIDs), such as Ibuprofen, Motrin and Aleve, or Arthritis medications such as Celebrex, a week or two (5 days minimum) prior to the procedure.
- High doses of Omega 3 oils can thin your blood so please avoid these 5 days prior to the procedure. Additionally, Vitamin E, turmeric, curcumin, fish oil, ginseng, ginkgo, ginger, garlic extract, etc. can thin the blood so these should also be avoided.
- You should not have PRP therapy if you have: Abnormal platelet function, Active systemic infection, Active cancer, Low-platelet count (thrombocytopenia), Severe anemia, Hypofibrinogenaemia

Ensure you drink plenty of fluids on the day preceding your treatment as well as prior to the procedure. This will help us draw enough blood to complete your procedure. Increase your water intake to half your body weight in ounces of water. Arrive early to your appointment and make sure that you have eaten recently.

What to Expect after Treatment:

Immediately following the procedure, the most commonly reported temporary side effects are soreness, swelling, tenderness, numbness and/or a feeling of pressure at the injection sites and/or treated area(s). There may be slight discomfort at the area of the blood draw and injection, but this should subside shortly after. There is a potential for bruising at the site of blood draw.

Discomfort/ Pain Management: Ice causes vasoconstriction, which counteracts what the PRP procedure is trying to accomplish, so **the use of ice is discouraged**. Heating pads may be used for pain relief and comfort, but use of a pool or hot tub or bath is not allowed for 24 hours post-injection. Tylenol is recommended if needed for discomfort but avoid NSAIDs such as Ibuprofen, Motrin and Aleve for 2 weeks following the injection.

To Maximize Results and Prevent Complications:

- Keep moving the joint and stretching with gentle active range of motion (AROM) exercises
- Avoid strenuous exercise, heavy lifting, or impact activity for 1 week
- Transition with non-impact activities with progressive resistance, duration, and intensity: elliptical trainer, stationary bike, deep water running before resuming full exercise regimen

Follow-up Appointment/ Treatment: Most patients see improvement within 4-8 weeks with continued improvement for up to 12+ weeks. Additional injections may be needed; check with us if you're not sure. The very best outcomes occur when laser therapy and rehab exercises are continued after the injection!