



HOW TO PREPARE FOR PLATELET-RICH PLASMA (PRP) INJECTIONS

1

AVOID NSAIDS

Non-steroidal, anti-Inflammatory Drugs (NSAIDs) can interfere with platelet function, so it's essential to stop taking them for **at least 7 DAYS before your PRP procedure, but a minimum of 48 HRS**. This includes common over-the-counter medications such as Ibuprofen (Advil, Motrin), Naproxen (Aleve) and Aspirin.

Why? NSAIDs inhibit platelet aggregation (clumping), which can reduce the effectiveness of the PRP treatment. If you need pain relief or anti-inflammatory treatment, consult with your healthcare provider about alternative options like acetaminophen (Tylenol), which does not affect platelets.

2

BLOOD THINNERS

We typically DO NOT need to stop them since blood thinners do not affect the healing properties of the platelets, only the aggregation function.

3

STAY HYDRATED

Drinking plenty of water 24 hrs before and the morning of your PRP appointment is essential. Hydration helps to ensure your blood volume is optimal, making the process of drawing blood and separating the platelets smoother.

4

LIMIT ALCOHOL AND CAFFEINE

Reduce alcohol and caffeine consumption for at least 12 hours before the procedure (it can alter blood and platelet function, which could reduce the effectiveness of the treatment).

5

DIETARY RECOMMENDATIONS (3-5 DAYS PRIOR)

Eating a balanced diet rich in vitamins and minerals can help support your body's natural healing process. Limit sugar, high fat foods, and increase vegetables and lean meats.

6

NOTIFY THE CLINIC OF ILLNESSES

If you have any active symptoms of COLD/FLU/COVID, please notify our clinic to reschedule (we recommend waiting at least one week for your immune system to recover prior to PRP).

7

DAY OF TREATMENT

Arrive with a clean area of treatment (no lotions, etc., and a fresh shower to remove germs). Wear clothes that are easy to expose the area of treatment.

