

PLATELET-RICH PLASMA

Platelet-Rich Plasma (PRP) Therapy

What is PRP?

Platelet-rich plasma (PRP) is a treatment derived from your own blood that may help accelerate healing and support tissue regeneration. Platelets, a natural component of blood, contain growth factors and chemicals that promote repair in muscles, tendons, ligaments, and joints. By concentrating these platelets and injecting them into an injured area, the goal is to stimulate and enhance the body's natural healing response.

Although medical research continues to show encouraging results, PRP is still considered **experimental**. It is not approved by the U.S. Food and Drug Administration (FDA) and is not covered by health insurance. PRP is usually considered an option for patients who have not improved after months of standard, conservative treatments and wish to avoid surgery.

Before Your Injection:

- Stop taking **anti-inflammatory medications** (ibuprofen, naproxen, aspirin*) for 10 days before and 10 days after the procedure, as these can interfere with the treatment.
*Low-dose aspirin (81 mg) is permitted unless instructed otherwise by your physician.
- Stay **hydrated** and ensure you are in good health prior to your appointment. Report any recent illness, fever, or infection to the medical staff.
- Arrive **15 minutes early** to complete paperwork and preparation.

During the Procedure:

1. A blood sample will be drawn from you.
2. The blood is processed on-site to concentrate the platelets and create PRP.

3. Using a small needle, your physician will inject the PRP solution directly into the injured tissue.

- The entire process typically takes **30–45 minutes**.

After the Injection:

- Some discomfort or pain at the injection site is common.
- Apply ice for **20 minutes every hour as needed** for relief.
- You may take **acetaminophen (Tylenol) 500 mg**, 1–2 tablets up to four times daily, if necessary.
- Pain often increases during the first **7–14 days** as the PRP triggers an inflammatory response. This is a normal part of the healing process.
- You can return to **daily activities** immediately, but **sports or strenuous exercise are not allowed** until cleared by your physician. Specific restrictions will be reviewed with you at your appointment.

When to Seek Medical Attention:

Call your physician right away if you notice:

- Redness, swelling, or drainage at the injection site
- Fever or other signs of infection

Important Notes:

- PRP requires **time and rest** for maximum benefit.
- Payment is due at the time of treatment, as this therapy is **not covered by health insurance**.



Platelet-Rich Plasma (PRP) therapy takes time to work. Healing is gradual, and activities need to be reintroduced in stages.

0 – 2 Days After Injection

- **Rest:** Relative rest with normal daily activities allowed.
- **Avoid:** Heavy lifting or strenuous activity.
- **Pain Control:** Use Tylenol (acetaminophen) and apply ice as needed.

2 Days – 2 Weeks

- **Activity:** Resume gentle daily activities as tolerated.
- **Exercise:** Light daily stretching.
- **Restrictions:** No sports participation or heavy lifting.

2 – 6 Weeks

- **Exercise:** Begin eccentric strengthening exercises, either independently or with a physical therapist.
- **Activity:** Gradually increase recreational activities as tolerated.
- **Sports:** Discuss sport-specific reintroduction with your physician.

6 Weeks

- **Follow-Up Visit** with your physician.

6 Weeks – 3 Months

- **Activity:** Progress as tolerated. Using the affected tissue is encouraged to promote healing.
- **Exercise:** Continue advancing eccentric strength training.



- **Sports:** Gradual return to sport-specific activities as approved.

3 Months

- **Follow-Up Visit** with your physician.

3 – 6 Months

- **Activity:** Advance toward full activity and fitness goals, if not already reached.
- **Exercise:** Maintain and progress eccentric strength training.

6 Months

- **Follow-Up Visit** with your physician.

6 – 12 Months

- **Activity:** Full participation as tolerated.

12 Months

- **Final Follow-Up Visit** — most patients are discharged at this stage.

☑ **Summary:** PRP recovery is a step-by-step process over 6–12 months. Early rest, gradual exercise, progressive strengthening, and regular follow-up visits are essential for safe and effective healing.