

PRE-PROCEDURE CARE

7 days prior: Cease anti-inflammatory

Such as:

- ibuprofen
- diclofenac
- meloxicam

Only cease:

- aspirin, if medically able



Limit supplements that cause bruising

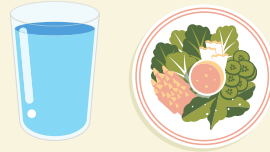
- Garlic
- Ginkgo
- Ginseng
- Multi-vitamins
- Omega 3, 6
- Green Tea
- Vitamin E
- Fish oils

2 weeks prior: Cease oral corticosteroids

Such as:

- prednisolone
- dexamethasone
- hydrocortisone

2 days prior to procedure



- Avoid coffee, caffeine, fatty foods and alcohol
- Prioritise a healthy diet and good hydration (1.5L a day)
- Aim for a good night's sleep the night before

Day of Procedure

Eat a **low-fat meal** (do not fast) and remain hydrated prior to the procedure

Incorporate 15-20 minutes of **low-medium intensity exercise** immediately before the procedure, which can be achieved by:

- Walking around the block
- Using treadmill or spin bike
- Rowing machine



It is advised to have someone drive you to and from your appointment, as you may experience pain or discomfort post-injection.

PRP must be performed when you are well

- Please reschedule your appointment if you have had a viral or bacterial infection in the preceding 2-4 weeks, to ensure optimal health.
- Please delay PRP for 4 weeks after vaccinations, such as influenza.

POST-PROCEDURE CARE

Avoid anti-inflammatory tablets and supplements for 7 days after procedure

Medication for pain relief:

Instead utilise:

- Paracetamol/Panadeine
- Tramadol/Tapentadol



Please avoid swimming pools, spa baths and the ocean for 24 hours

Injection Site Pain Relief

- You can apply **heat packs** to ease injection site pain.
- If required, ice packs can be used on the day of the procedure only.



Activity restrictions

- Plan time off work and chores
- Rest fully for 4 days
- **THIS IS IMPORTANT!!**
- Avoid strenuous activity for at least 7 days after the procedure
- Your doctor will advise further

Effects of PRP

- PRP is a regenerative treatment. It may take several weeks and repeated treatments to have maximum effect.
- Injections are likely to induce short-term pain in the area for the first 24-48 hours, with symptoms easing after that.
- Up to 2% of patients experience a more significant post-procedure pain flare, usually related to their immune response. Please inform your doctor if you are experiencing more pain than expected.



Post-treatment rehab

- PRP is part of a comprehensive management plan. Physiotherapy and exercise may be recommended to support the healing tissue and to increase mobility and function.
- Book a follow up appointment for 4-6 weeks time, to assess progress and advise on further management.





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Optimising PRP Outcomes

before and after
procedure care

Platelet Rich Plasma (PRP) is an orthobiologic treatment prepared during your appointment from your own blood.

PRP treatment is intended to initiate and sustain a boosted healing response which includes positive inflammation, tissue regeneration and repair.

Your response to the treatment can vary depending on a number of factors, including your general health and lifestyle, medications, age, immune response (including platelet & growth factor levels), severity of the condition being treated and how you return to activity after the procedure.

This guide contains important information to help optimise your outcomes.

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