



Orthopedic Specialists of Seattle

www.seattleortho.com

Platelet-Rich Plasma Treatment (PRP)

General Instructions:

- No anti-inflammatories (NSAIDs) for 2 weeks **before** and 2 weeks **after** the injection
- Plan to have someone drive you home if you've had a lower extremity injection
- Dr. Reed will evaluate on a case-by-case basis whether aspirin taken for other issues (cardiac, vascular, etc...) should be stopped or continued around the time of the injection
- Dr. Reed will prescribe a pain medication at the time of the injection
- Injection site pain is usually worst 2-3 days after the injection
- Infection is very uncommon, but look for fever, chills, increased redness and drainage at the injection or venipuncture site
- It's normal to feel worse or no better for up to four weeks

What to Expect:

- After arriving a medical assistant will ask you a few questions regarding your medical history, they will also do some simple tests such as take your blood pressure
- Please inform the medical assistant and or/physician of any allergies you may have before your exam
- Dr. Reed will discuss the therapy in detail with you and answer any questions you may have
- The procedure takes approximately 30 minutes

After care following PRP Injection:

- It is suggested to go home and not go back to work or run errands the same day
- Ice should be applied to the area of injection for about 20 minutes, 3 times a day for the next 48 hours
- DO NOT TAKE anti-inflammatory medications for the next two weeks
- Dr. Reed will prescribe a pain medication at the time of the injection
- Pain in the injection site is normal and to be expected
- Avoid vigorous or strenuous activities for the first two weeks, then as tolerated
- Upper extremity (shoulder/elbow): A sling should be worn for 2 weeks, then physical therapy should start
- Knee (joint/patellar tendon): A Redi brace should be worn for 2 weeks, crutches as needed, then physical therapy should start
- Foot/Ankle (joint/Achilles and other tendons/planter fascia): A cam walker boot should be worn for 2 weeks, crutches as needed then physical therapy should start

Wallingford Office
2409 North 45th Street
Seattle, WA 98103
Phone (206) 633-8100 Fax (206) 633-6107

Ballard Office
5350 Tallman Ave. NW, Suite 500
Seattle, WA 98107
Phone (206) 784-8833 Fax (206) 784-0676

