



PRP Before-care and After-care Instructions:

Thank you for choosing Prestige Regenerative Medicine for your PRP Therapy! We look forward to seeing great results! Please review and follow the instructions listed below.

Instructions to Patients **BEFORE PRP Injections:**

- Please do not drink Alcohol for **1 to 2 weeks (minimum 1 week)** prior to PRP. ● Please do not take Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) such as aspirin, ibuprofen (Advil), naproxen (Aleve), celecoxib (Celebrex) for **1 to 2 weeks (minimum 1 week)** prior to PRP.
- Please do not use steroids (for example, cortisone injections) at least **1 month prior to PRP**.
- You may take acetaminophen (Tylenol) if needed.
 - Please eat a full meal and be very well hydrated the morning of their procedure. ● Drink at least 16 ounces of water the day before your procedure.
 - Drink at least 16 ounces of water within three hours of your procedure.

Instructions to Patients **AFTER PRP Injections:**

- You may experience increased pain/tenderness in the area of the injection over the next 2-3 days. This is a normal and expected part of the healing response activated by PRP. ● Please avoid taking Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) such as aspirin, ibuprofen (Advil), naproxen (Aleve), celecoxib (Celebrex) for **2 to 6 weeks (2 week minimum)** if at all possible. These medications short circuit the healing process.
- You can take acetaminophen (Tylenol) as needed for the discomfort. If you need something stronger please contact our office.

Please contact us immediately if you have severe pain, redness, swelling, drainage from the injection site or develop a fever, chills, or any other symptoms of concern.

Contacting Us

Although you can send a message through the patient portal system to our office staff, the best way to reach your provider is by calling the clinic phone number. If you are concerned or believe you have an urgent or emergent situation, please let them know, but do not hesitate to seek emergency care if you believe it is necessary. Your provider will get back to you as soon as possible.