



# ANNAPOLIS HAND <sup>to</sup> SHOULDER CENTER <sup>LLC</sup>

Specializing in Adult & Pediatric Upper Extremity Care

## PRP injection Pre-procedure Instructions

**THIS PROCEDURE IS NOT A COVERED INSURANCE BENEFIT**

**Single Spin \$900**

**Dual Spin \$1100**

### **How does PRP Work and what to expect after injection:**

- Platelet rich plasma (PRP) is plasma (the liquid portion of your blood) and platelets, a type of blood cell that plays an important role in healing. Platelets are known for their clotting abilities, but they also contain growth factors that can stimulate cell reproduction and help tissue healing.
- PRP is created by taking a sample of your blood and placing it into a centrifuge. The centrifuge spins the blood, separating out the other components of the blood from the platelets and concentrating them within the plasma. This is then injected into tendons or joints.
- PRP works for about 6-12 weeks to stimulate healing. It is important to give it a chance to work. If PRP helps decrease pain, you may qualify for repeat injection between 4-6 months after the initial injection. This will be decided by your surgeon.
- About 1 out of 20 patients may experience a post-injection flare due to your immune system being hyper-stimulated. This may cause significant pain and swelling that typically resolves in just a few days. If needed due to swelling or intense pain, you may apply ice to the injection site / joint for 20 minutes every 2-3 hours. You might also need to take over counter pain medication such as Tylenol or Tylenol extra strength.

### **Procedure Preparation:**

- **HYDRATE, HYDRATE, HYDRATE.** Please hydrate well a minimum of 3 days in a row prior to procedure to ensure a good blood draw. Recommend 120 ounces equivalent to a gallon of water a day.
- **No steroids** by mouth or by injection for a minimum of **6 weeks** prior to the procedure. Please let the scheduler know if you have had a recent joint injection or took oral steroids for any reason (i.e. cortisone, prednisone, dexamethasone etc.).
- **No NSAIDs**, for example, naproxen (Aleve), ibuprofen (Motrin), meloxicam (Mobic), Celebrex, Toradol, voltaren, etodolac, for **2 weeks** prior to the procedure. Aspirin is a weak anti-inflammatory so does not interfere as much with the PRP process. If possible, stop aspirin unless it is needed for heart or other conditions.
- **If you're taking antibiotics**, please let your provider know BEFORE the procedure. It is best to avoid PRP until after completion of the antibacterial treatment for about 3 weeks.
- **Immunizations** (Flu shot, COVID, Shingles) please let your provider know BEFORE the procedure. It is best to avoid PRP until after completion of the antibacterial treatment for about 2 weeks.

#### Instructions day of procedure:

- **Diet:** Clear liquids advised to by optimally hydrated 2 hours prior to your appointment.
- **Recommend** taking 1,000 mg of Tylenol 1 hour prior to procedure.
- **Transportation:** If you are having a bilateral (both sides) consider having a driver to take you home as some people, feel stiff quickly. You may drive home from the procedure if you had an upper extremity injection and drive an automatic transmission.
- **Dress:** Please wear a button-up shirt with a tank top underneath.

#### After PRP injection:

- Do not soak the area (no swimming, baths, Jacuzzi, whirlpool) for 48 hours. It is “ok” to shower.
- For 3 weeks after your injection avoid strenuous activity. For upper extremity procedures such as injections into shoulder do not do any repetitive motion, lifting, pulling, pushing, or grasping with the arm.
- At one week you may start with a recumbent bike or upright bike with little resistance. For upper body injections, light weight high repetitions doing exercises below shoulder height. After 3 weeks return to normal activity but avoid things that cause increased pain in the injected areas.

#### Pain Medications:

- Do not use over the counter anti-inflammatory medicines such as naproxen (Aleve), ibuprofen (Motrin), meloxicam (Mobic), Celebrex, Toradol, voltaren, etodolac, for **3 weeks** after your procedure.
- Post-procedure pain may be managed with Tylenol (maximum 9 tablets in a 24hour period).
- No steroids by mouth or injection (i.e. cortisone, prednisone, dexamethasone etc.) **4 weeks** after PRP injections.
- Avoid immunizations for **3 weeks** after injection in order to maximize your PRP benefits.

#### Follow Up:

**You should be seen by your physician 6-8 weeks after PRP.**

If you are unsure about your follow-up or have any questions please call, 410-544-4263 option 1

## HYDRATE, HYDRATE, HYDRATE