

# **Platelet Rich Plasma (PRP) therapy: Procedure Instructions**

## **BEFORE THE PROCEDURE**

**Stop taking drugs affecting platelets for two weeks before PRP therapy.**

**These include:**

Abciximab (ReoPro)	NSAIDs (ibuprofen, naproxen, aspirin)
Cilostazol (Pletal)	Prasugrel (Effient)
Clopidogrel (Plavix)	Ticagrelor (Brilinta)
Dipyridamole (Persantine)	Ticlopidine (Ticlid)
Eptifibatide (Integrilin)	Tirofiban (Aggrastat)

**Stop taking supplements affecting platelets for two weeks before PRP therapy.**

**These include:**

Black currant seed oil	Krill oil
Borage oil	Nattokinase
Bromelain	Papain
Evening primrose oil	Serrapeptase
Fish oil	Wobenzyme
Flaxseed oil	

## **WHAT TO EXPECT DURING THE PROCEDURE≈20 minutes**

1. Your joint, ligament or tendon will be thoroughly examined before the procedure. This includes a musculoskeletal ultrasound focused on determining the optimal site for the injection. Subsequently, the skin overlaying the injection site will be cleaned with betadine, alcohol and sprayed with a topical anesthetic (ethyl chloride). Lastly, the injection site is injected with a local anesthetic (lidocaine).
2. Blood draw. To isolate sufficient amount of platelets, we typically draw 60 cubic centimeters (60 mls) of venous blood.
3. PRP separation is performed under strict aseptic/sterile conditions utilizing a special form of centrifuge equipped with a laser cell sorter.
4. The harvested PRP is injected into previously anesthetized area (see above) under ultrasound guidance.
5. Immediately after the PRP injection, the injected area is immobilized for 10-15 minutes.

## **AFTER THE PROCEDURE**

1. Minimize your activity for 24 hours.
2. Apply an ice pack for 10-15 minutes on the injected area every 2 hours for 6-8 hours following the procedure.
3. You may apply a lidoderm patch for 6-7 hours for up to 12 hours after the procedure.
4. Avoid major physical activity for one week.
5. Do not take any drugs or food supplements (see list above) affecting platelets for one week.

**To optimize the outcome of PRP, you may consider taking the following supplements two weeks before and four weeks after the procedure**

1. Hyaluronic Acid
2. Collagen Type 2/MSM Blend
3. N-Acetylglucosamine
4. Shark Cartilage

To read more about the benefits of PRP and to see a video of Dr. Shikhman performing the procedure, visit [ifsmc.com/prp](https://ifsmc.com/prp)