



## Platelet Rich Plasma (PRP)

### Manufactures Suggested Patient Preparation for PRP.

#### 5 days prior to treatment:

- Stop taking supplements that increase bruising and bleeding (Please consult with your doctor)
  - Nurofen
  - Voltaren
  - Aspirin
- Increase your water intake (especially on the day prior to your examination)

#### Day of your examination:

- Drink 2-3 litres of water within 4 hours of your examination
- Bring any previous imaging and a driver

#### Relative Contra-Indications:

- Platelet Dysfunction Syndrome
- Critical Thrombocytopenia
- Hypofibrinogenaemia
- Haemodynamic Instability
- Sepsis
- Person with Skin Disease or Cancer
- Severe Metabolic and Systemic Disorders
- Anti-Coagulation Therapy
- Acute and Chronic Infections
- Chronic Liver Pathology

#### Post Procedure Care:

- No exercise, swimming or sauna 12 hours after each injection

#### Which side effects or complications could possibly occur?

Side effects occur rarely. The most common effects are general reactions to the injection itself. No negative interferences with other treatments are known.

Unwanted effects of joint puncture are: allergic reactions, nerve inflammation, cardiovascular failure, sensory impairment, joint infection. Joint infections are accompanied by strong pain, overheating in the joint and a reduced joint mobility.

Some patients may experience a sensation of pressure in the joint for about 24 hours after reinjection.

**Should you experience any of these symptoms,  
please call the clinic where you had your procedure or your GP.**