

About Your PRP Injection

What is a PRP injection?

A PRP (platelet-rich plasma) injection is when we give you a shot filled with platelets from your own blood. A PRP shot may lower pain and help you heal better. You may need more than one shot to fully treat your injury. You may also need physical therapy for it to work the best. It may not be covered by your insurance.

Why should I get a PRP shot?

It can help if you have:

- a tendon injury
- a ligament injury
- osteoarthritis.

Are there reasons not to get one?

You should not get a PRP shot if you have:

- a current skin, joint, or blood infection
- a joint replacement (knee, hip) where you have pain
- any type of blood cancer
- some other types of cancer.

What are the risks?

It's very safe. We use an ultrasound to help us see where the shot needs to go. But you may have:

- bleeding
- infection
- an allergic reaction.

What do I need to do before my shot?

We may ask you to stop or lower some of your medicines before your shot. Do not use any NSAIDs (aspirin, ibuprofen, naproxen) 5 days before your procedure. Tell us if you:

- have any allergies, including to numbing medicine
- take blood thinners or anti-platelet medicines
- get lightheaded or faint during procedures that use needles.

What happens after my shot?

You may have some discomfort for up to 7 days after a PRP injection. But this is a good sign that your body is healing. We suggest you do physical therapy before and after the PRP injection to help it work. You may do some easy exercise. We may also ask you to rest the area for a few days before you start physical therapy. Make sure you follow these instructions:

- Do not take a bath, swim, or use a hot tub for 24 hours. You may shower.
- Do not use ice for 2 weeks after your shot. It may slow down the healing process.
- Do not use NSAIDs for 2 to 6 weeks. Instead, use acetaminophen (Tylenol) to lower your pain.

Call us right away if you get a fever, chills, swelling, redness, or other signs of infection after your PRP shot.