



**DR. LAUREN E. ROBERTS**  
ORTHOPAEDIC SURGEON | MD, MSC, FRCSC

## Platelet Rich Plasma Patient Instructions:

If you are scheduled for a PRP injection, please read the below considerations carefully to ensure you get the best result. If you have any questions about these instructions, then please reach out to Dr. Roberts office.

### **Pre-procedure instructions:**

- No anti-inflammatory medications for 3 days prior to injection
- Avoid caffeine for 3 days pre procedure if able
- No alcohol the day before your procedure
- Ensure you hydrate well (lots of water) the night before your procedure
- Consider immobilization (brace, sling, boot) to maximize results
  - o If you plan to do this in discussion with Dr. Roberts, ensure you purchase this beforehand. A prescription can be provided.

### **Post-procedure instructions:**

- No anti-inflammatory medications for 3-4 days after injection
- Avoid caffeine for 3 days post procedure if able
- Rest from anything more than day to day activity for 3-4 days
- Consider immobilization (brace, sling, boot) to maximize results
- Resume physiotherapy after 5 days for pain management type modalities, no strengthening exercise until after 7 days.
- Gradually resume all normal activity as able after 7 days