

PRP MUSCULOSKELETAL INJECTIONS PRE-PROCEDURE INFORMATION

WHY PREPARATION MATTERS

The quality of your PRP injection is directly related to your overall health and hydration at the time of the blood draw. Following the instructions below helps produce higher quality platelets, leading to better outcomes.

WHAT IS PRP



Platelet-Rich Plasma (PRP) therapy is an innovative medical treatment that harnesses the healing components of your own blood to promote tissue repair and reduce inflammation. By concentrating platelets and growth factors, PRP stimulates the body's natural healing processes.

WHAT YOU SHOULD DO BEFORE YOUR APPOINTMENT

Hydration is Key

- Drink 2–3 litres of water daily for 3 days before your appointment.
- Well-hydrated blood yields better platelet concentrations.



Limit Alcohol and Smoking

- Refrain from smoking if possible, as it reduces healing potential.
- Avoid alcohol for 24–48 hours before your appointment.



Sleep Well

- Aim for at least 7–8 hours of sleep the night before your procedure.



Eat a Healthy Diet

- Consume a balanced diet rich in:
 - Fresh fruits and vegetables
 - Whole grains
 - Lean proteins (especially oily fish, eggs, and beans)
- Avoid processed foods and high-sugar meals.



Avoid Anti-Inflammatory Medications

- Stop taking NSAIDs (e.g. ibuprofen, naproxen, diclofenac) 7 days before your injection.
 - These drugs reduce platelet activity and may affect PRP efficacy.
- Do not stop any prescription medication without consulting your doctor.



WHAT TO AVOID BEFORE YOUR APPOINTMENT

- Fasting: Eat a light meal 1–2 hours before your procedure.
- Strenuous exercise the day of the procedure
- Caffeine excess (small amount of tea/coffee is fine)

ON THE DAY OF YOUR PROCEDURE

- Wear loose-fitting clothing.
- Take any prescribed medications unless advised otherwise.
- Bring a list of all medications and supplements.
- You can drive after the injection, but arrange for assistance if concerned about discomfort or mobility afterward.