

PRP for Pain: Before & After Your Treatment

Regenerative Medicine at UPC | Rainier Guiang, MD

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PRP (platelet-rich plasma) is made from a small sample of your own blood. We prepare it with the EmCyte PurePRP® system and inject it into the painful joint, tendon, ligament, or spine area. We often use ultrasound or x-ray (fluoroscopy) to guide the needle. Results vary from person to person.

BEFORE YOUR VISIT

About 1 week before

- Ask us before you stop any medicine.
- Stop anti-inflammatory pain pills (NSAIDs) about 7 days before: ibuprofen (Advil, Motrin), naproxen (Aleve), meloxicam, and celecoxib (Celebrex).
- Aspirin: if a doctor prescribed it for your heart, keep taking it and ask us first.
- Stop fish oil, vitamin E, ginkgo, and turmeric about 1 week before.
- Acetaminophen (Tylenol) is OK for pain.

About 2–4 weeks before

- Avoid steroid pills or steroid shots if you can. Ask us first.

Tell us if you

- Take a blood thinner. Do not stop it unless the doctor who prescribed it says OK.
- Have diabetes, an infection, a fever, cancer, or a blood disorder.
- Are pregnant or might be pregnant.

The day of your visit

- Drink plenty of water and eat a meal. We will draw a small amount of blood.
- Wear loose clothes so we can easily reach the area.
- Getting sedation or a spine injection? Bring a driver.
- Feeling sick? Please call us to reschedule.

AFTER YOUR VISIT

What is normal

- Soreness or a pain flare for 2–5 days. It often feels worse before it feels better.

The first 2–3 days

- Rest the treated area for 48–72 hours. Gentle use is OK.
- Use a brace, boot, or crutches only if we tell you to.
- Keep the bandage on for 24 hours.
- Showers are OK. No baths, pools, or hot tubs for 48 hours.
- Heat or gentle ice is OK for comfort. Avoid heavy icing for the first 48–72 hours.
- Light walking is OK.

Pain medicine

- No NSAIDs (ibuprofen, naproxen, meloxicam, celecoxib) for at least 2 weeks, and ideally up to 4–6 weeks. They can weaken the PRP response.
- Acetaminophen (Tylenol) and pain medicine we prescribe are OK.

Weeks 1–6

- No hard exercise or heavy lifting for 1–2 weeks.
- Around weeks 2–6, slowly return to activity or start physical therapy as directed.

Your results

- Healing builds slowly over 4–12 weeks. Some people need more than one treatment. Results vary.

WHEN TO CALL US: 951-900-3253

Call us if you have a fever over 100.4°F; redness, warmth, or drainage that is getting worse; severe pain, or pain that is still getting worse after 5 days; or swelling in your calf.

After a spine injection: if you have new weakness, numbness, bowel or bladder changes, or a severe headache, call 911 or go to the ER.

For any emergency, call 911.

Your next appointment: Date _____ Time _____

This sheet is general guidance; follow any specific instructions from your provider.