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*Specializing in You*

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## Platelet-Rich Plasma Regimen

Emerging evidence suggests that a series of three injections of platelet rich plasma (“PRP”) may be more effective than a single dose of PRP up to one year following the injection series, especially for conditions including knee osteoarthritis or tendinosis. The goal of PRP therapy is improvement of pain and function, which is typically experienced within several weeks of the completion of the series. Our injection series recommendation harnesses the body’s inflammatory (healing) response after the injections. We recommend modifying your use of medications during the PRP series as outlined below.

### Steps:

1. A series of three (3) injections spaced one week apart are performed. Not more than one injection per week is recommended on the same body part. Ensure the Barrington Orthopedics waiver is signed and on file with practice management.
2. Tylenol® (acetaminophen), pain medications, and ice are recommended for post-injection pain ONLY. It is recommended you DO NOT take NSAIDs (ibuprofen, naproxen, meloxicam, etc.) during the series and for one week after the third and final injection.
3. One week following the third and final injection, you may resume NSAID including meloxicam or naproxen. You should take the medications as directed with meals. Naproxen (Aleve®) can be taken two tablets at morning and two at night.
4. Schedule a follow up appointment with our team six (6) weeks after the third and final injection. We would like to discuss your response and finalize your treatment plan.

### Other tips:

We recommend you adequately hydrate the day or two preceding the injection. Eat a small snack prior to your appointment. Each PRP procedure takes approximately one-half hour which includes time for drawing your blood and preparing the PRP specimen for administration.

**Please contact our office with any questions at (847) 285-4318.**