



PREPARATION & AFTERCARE

# Angel PRP *injection.*

An injection of activated platelets from your own blood into a joint or tendon. PRP helps stimulate healing, reduce inflammation and pain, increase the production of reparative cells, and support a quicker return to activity.



## 01 Before your *injection*

- **Stay hydrated.** Drink at least **64 ounces** of water the day before and the day of your injection.
- **Take 1,000 mg of Tylenol** 1–2 hours before your injection.
- **Eat a nutritious meal** before your injection.
- **Avoid anti-inflammatory medications** for at least 1 week before your injection, unless your doctor tells you otherwise.
- **Wear comfortable, loose-fitting clothing.**

## 02 Day of your *injection*

- The visit takes about 30–45 minutes and includes:
  - Blood draw
  - Separating and concentrating the platelets in a centrifuge
  - Injecting the concentrated PRP into the treatment area
- The injection itself takes about 30–45 seconds.
- **Ice** and compression are applied right after the injection.
- You may feel more discomfort for about **48 hours**. This varies from patient to patient and may last longer; manage it with **rest** and gentle care.

## 03 After your *injection*

- **Ice** for 20 minutes, 2–3 times a day for **48 hours**, with your skin protected.
- **Take Tylenol 1,000 mg** every 8 hours for **48 hours**.
- If you have pain, you may take **meloxicam** as prescribed by your physician. **Do not take Advil or Aleve** for up to 2 weeks after the procedure.
- **Limit activity** for **48 hours**, then return gradually to full activity as tolerated.

### RETURNING TO ACTIVITY

| Weeks 1–3                      | Weeks 3–6          | Weeks 6–12                             |
|--------------------------------|--------------------|----------------------------------------|
| Light exercise and stretching. | Moderate exercise. | Full physical activity without limits. |

Improvement and the full effect can take **6–8 weeks** after the injection.

### Physical therapy is essential

**Physical therapy** is an essential part of your PRP treatment. You will be given a **home exercise program** or a referral for in-person **physical therapy**.