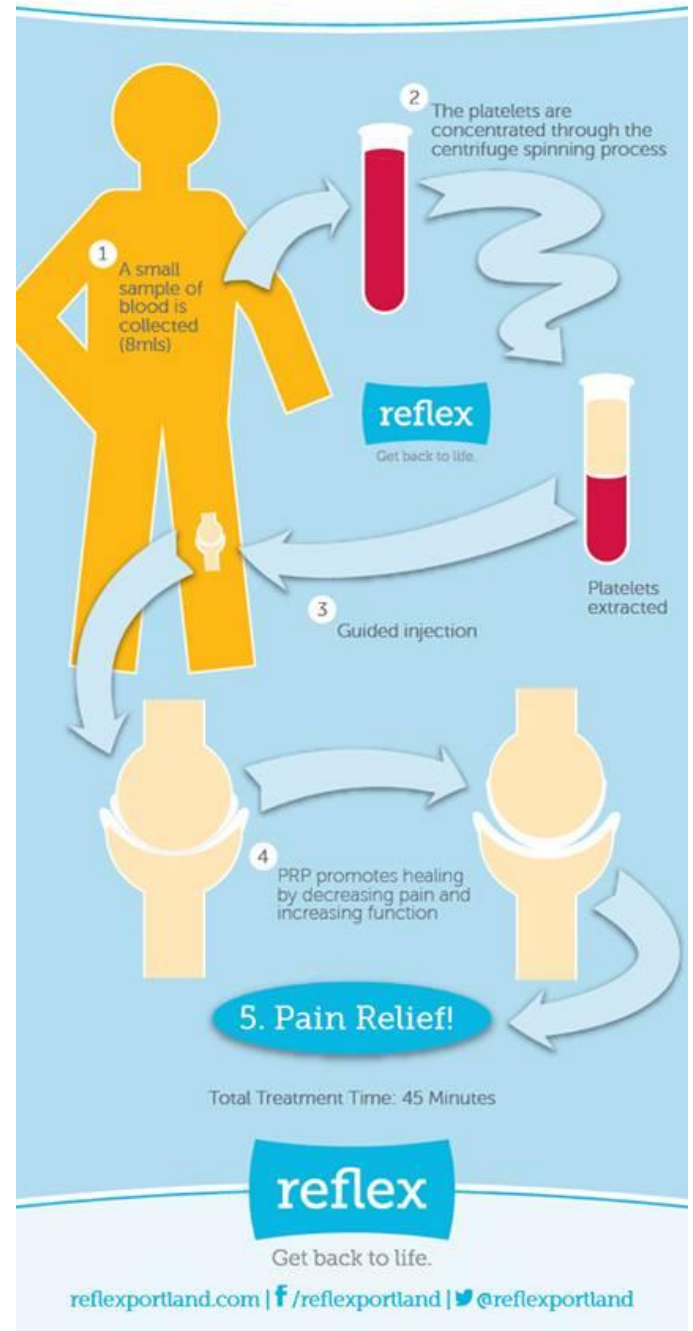


- Studies have shown that PRP is an effective and safe option for treatment of knee OA and meniscal tears.
- PRP is a platelet-rich concentrated solution derived from your blood.
- Platelets contain several potent healing factors.
- When injected into damaged, injured, or arthritic knees, PRP initiates the healing process.
- PRP can reduce inflammation and provide pain relief.
- The effects can last for several months, or up to a year.
- The frequency of PRP injections needed to achieve optimum results varies, and is determined by your provider on an individual basis.
- PRP may trigger an inflammatory response, which may result in temporary swelling, redness, and pain.
- Most patients experience minimal symptoms, and discomfort for more than a few days is rare.

how does PRP work?



We want your PRP treatment to go as smoothly as possible. Please follow the instructions below.

Before Your Appointment

- The healing process of PRP may be diminished by anti-inflammatory medications. If you are currently taking any anti-inflammatory medications (Ibuprofen, Aspirin, Aleve, Naproxen, etc.), you should stop taking them **two weeks before** your scheduled appointment. If you are unsure if a medication you are taking is an anti-inflammatory, please ask a clinic care coordinator to review your medication list.
 - Tylenol (acetaminophen) is not an anti-inflammatory medication and can be taken as needed for pain (not to exceed 1000mg in a 6-hour period). Please ask your Reflex physician if you have any questions or concerns regarding NSAID use, or if you have any questions about the procedure.
- If you have an acute illness within the week prior to your PRP, please call our office to discuss symptoms, as this may possibly require that we reschedule your appointment.
- To decrease the risk of infection, we recommend that PRP not be performed within 72 hours of any dental procedure including dental cleaning.
- Please wear loose clothing that allows the provider and clinic care coordinator easy access to your arm and your knee(s).
- To help improve blood collection drink plenty of water on the day of your appointment.
- Take a brisk 15-minute walk 30 minutes prior to your appointment, as this will increase the number of circulating platelets.
- If your provider has prescribed you an anxiolytic medication (such as Valium) to lessen your stress during the procedure, please take the prescribed dosage one hour before your appointment time. Please plan to have someone drive you to and from your appointment since you will not be able to drive safely if you have taken an anxiolytic medication.