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Patient Instructions

Platelet-Rich Plasma (PRP) Injections

- *****PLEASE DO NOT APPLY ICE FOR THE FIRST 72 HOURS AFTER YOUR INJECTION*****
- After your first 72 hours, you may apply ice to the injection site for 20 minutes every 2-3 hours.
- Keep your wound clean, dry and covered with a Band-Aid for 12-24 hours after your procedure. You may shower at any time.
- About 1 out of 10 patients will experience a post-injection flare due to your immune system being hyper-stimulated. This may make the first 24-48 hours after the injection very painful. If you start getting very sore within a few hours after the injection, please begin using your pain medication. It is much easier to stay ahead of pain, rather than trying to wait and catch up. This allows you to use less pain medication in the long run.
- Do not use any prescription or over the counter anti-inflammatory medicines such as Aspirin, Motrin, Advil, Ibuprofen, Aleve, Naprosyn, Naproxen, Voltaren, Diclofenac, Meloxicam, Mobic, Celebrex, Daypro, Feldene, Lodine, Orudis and Ansaid for 3-4 days prior to the procedure. Ideally, we would like you to avoid the use of these medications for 10-12 weeks. Starting these medicines earlier can be discussed with Dr. Burkich or other Preventive Medicine Anti-Aging & Chelation Therapy provider.
- Prednisone or any other oral or inhaled corticosteroid medications must be discontinued 3 weeks prior to and 4 weeks after any PRP procedures.
- If another physician would like to put you on a new medication or if you are not sure if a medication should be taken please call the office.
- **You may use** Tylenol (Acetaminophen) or Ultram (Tramadol) as needed for discomfort.
- Call the physician if you develop drainage from the injection site, bleeding, or fever.
- You may experience localized swelling and bruising at the injection site that will take 3- 7 days to resolve, this is normal.
- You will be given instructions prior to leaving the procedure room on what sort of physical activity you may or may not engage in.
- In general, for upper extremity procedures do not do any repetitive motion, pulling, tugging, grasping or gripping with the upper extremity until re-evaluated at your next visit or otherwise specified.
- For lower extremity procedures, such as injections to the hip, thigh, knee, ankle, and foot, if bearing weight increases your pain, use the crutches until you can ambulate without an increase in pain.
- You may drive home from the procedure if you had an upper extremity injection without a nerve block and drive an automatic transmission.
- It is strongly recommended that if you have a lower extremity procedure, you have someone drive you home.

What to Expect for a PRP Appointment

- Pre-procedure office consultation with operating provider, Robert Burkich, MD.
- Quick lab work to collect the blood/serum necessary to prepare the PRP and perform needed labs
- Preparation of PRP injections and execution of procedure. (Injections usually take 15 minutes)
- Most patients start feeling relief withing 24-48 hours, if not immediately. All PRP patients are instructed to call the office or Dr. Burkich directly to provide feedback.