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## **Platelet - Rich Plasma Pre - Procedure**

Prolotherapy and PRP are regenerative injections that stimulate your body's own healing capabilities. Injections at an injured site initiate an inflammatory cascade that is essentially "tricking" the body into healing that area again. Unlike an actual injury, this is done in a controlled and precise manner.

While injections with either dextrose or platelet rich plasma are what stimulates the healing, there are certain actions you can take to encourage an effective healing response and best results.

### **Timeline for injections**

Prolotherapy injections are done every 3-4 weeks, typically 4-6 injections are needed.

PRP injections are done every 1-6 weeks, typically 2-3 injections are needed.

Specific recommendations are done on a case-by-case basis and may include both prolotherapy and PRP injections.

### **Pre-PRP Instructions**

- No cortisone shots within the last 1 month
- No anti-inflammatory medications (NSAIDs, Naproxen, Ibuprofen, Aspirin, Alleve, curcumin, Celebrex, Motrin, Voltaren) 7 days prior to injections
- One week prior to the procedure, begin the following supplements for collagen/stem cell production.
  - Zinc: 30 mg/day in divided doses with food**
  - Vitamin C: 3000-6000 mg/day as tolerated**
  - Vitamin D: 2000-5000 IU/day with food**
- Adequate protein and healthy fats are necessary for healing. Focus on real foods and avoid processed food products. A good protein powder with 20-30g of protein per serving is ideal.
- Be sure to be well rested, well hydrated and fed the day of the procedure.
- If you are doing PRP, HYDRATION IS KEY so the blood draw is easy.
- Do NOT exercise the day of or the day prior to the injection to avoid inflammation.

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- Although unlikely, **plan on having a driver.**
- Please wear comfortable, loose-fitting clothing that can fully expose the body area as needed.
- If we are doing PRP, please note that the procedure takes 1-2 hours depending on the blood draw and the process of preparing the injection.
- If you know you are a difficult blood draw from previous experience with vein access, please let Dr. Brereton know ahead of time.
- Regenerative Injection Therapies (Prolotherapy and PRP) are not one-shot wonders. The outcomes depend on the patient's own health and regenerative response. Because of this we do not promise or guarantee any results.

## Post Injection

- After PRP injections, intense flare-ups with heightened pain and swelling can occur. To facilitate recovery and minimize discomfort, it's advisable to abstain from strenuous activities for at least 72 hours post-injection. Prioritizing rest during this period can contribute to a smoother healing process.
- Working with a skilled physiotherapist is necessary for proper joint healing. Joints do not heal with injection therapy alone and they need to be strengthened. Dr. Brereton recommends you begin this as soon as possible however...
- Always take one week off rehabilitation to give the joint time to regenerate and heal. After one week, begin training again.