



1. Drugs and Supplements that should be avoided if possible **nine days before treatment** (platelets have a lifespan up to nine days in circulation), throughout a PRP treatment series, and not continued until 3 weeks following the final PRP treatment.

a. **Aspirin** is an irreversible platelet inhibitor and should be avoided when possible. Cardiac patients may stay on once-per-day 81mg ASA “baby aspirin” and can still receive effective PRP treatment, but this will impact treatment efficacy.

b. **Non-steroidal Anti-inflammatory Drugs (NSAIDs)** must be avoided – Patients should be advised to use Tylenol for any aches/pain.

- i. Motrin
- ii. Aleve
- iii. Advil
- iv. Celebrex
- v. Voltaren Gel
- vi. Mobicox
- vii. Arthotec

c. **Anti-inflammatories** (we want inflammation to trigger the healing response)

d. **Corticosteroids** (this will cause an undesirable anti-inflammatory effect)

- Joints injected with corticosteroids require at least a 3 week wash out period before PRP should be injected into the joint.
- Systemic steroid should also be discontinued 3 weeks prior to PRP treatment, and throughout the treatment series.

e. Proton Pump Inhibitors (negative affect on collagen synthesis)

- i. Nexium
- ii. Prilosec

f. Fish oil supplementation also leads to less effective platelets

g. Other drugs that may affect outcomes

- i. SSRIs
- ii. Quinine
- iii. Antihistamines
- iv. Antibodies
- v. Tricyclic Antidepressants

2. **Lidocaine** and other local anesthetics can be used to numb the injection tract, but local anesthetics should never be mixed with the PRP or injected into the treatment area. Local anesthetic at the PRP treatment site will drastically impact PRP treatment efficacy.

3. Patients should be advised to **avoid eating a fatty meal**, or large meal with a high glycemic index before their PRP treatment. High lipid content from a transient lipemia can cause disruptions in proper gel adhesion and separation.

4. Patients should avoid icing the treatment site, especially if using the THT (mononuclear cell rich) for soft tissue applications. Gentle heating is permissible a few hours following treatment.

5. Cardiovascular exercise is one of the very best things that patients can do to optimize their PRP outcome. Avoiding a sedentary lifestyle is key. Regular exercise can dramatically increase results. Exercise (especially vigorous exercise) should not take place 12 hours before a PRP treatment.

6. Diets should be rich in fresh vegetables, especially leafy greens. Lean meats like fish and chicken, and healthy fats like avocado and olive oil are also recommended.

- B-Vitamins are very important as well. Vegetarians and Vegans may need to consider B vitamin supplementation before receiving PRP to achieve the best results.
- Vitamin C plays a critical role in collagen formation.
- Avoid saturated fats, excessive sugar, processed foods, and simple carbohydrates.

7. Smoking is one of the worst things that will negatively impact PRP outcomes. The toxins will impact circulating stem cells and platelets. Cell volume and PRP yields will be negatively impacted as well. Even cutting down slightly will positively affect results.

8. Proper hydration is helpful throughout a treatment series and always recommended in general. Patients should be advised to avoid caffeine and to drink plenty of water before treatment on the day they will receive PRP.

9. Excessive alcohol will also negatively impact treatment efficacy. People that regularly consume alcohol should be advised to limit their intake to 1 drink per day leading up to a PRP treatment. Furthermore, alcohol should be avoided all together at least 12-24 hours before a PRP treatment.

10. Several unique nutritional considerations can be taken into account as well. The actual degree to which these various factors will affect the PRP efficacy is not fully known.

a. High amounts of caffeine will decrease platelet activation.

b. Quercetin can decrease platelet activation, it is commonly abundant in:

- i. Onions
- ii. Apples
- iii. Tea
- iv. Wine

c. Isoflavones decrease platelet activation

- i. Legumes (soy beans, chick peas, etc.)

d. Anthocyanin decrease platelet activation

- i. Bottled juices
- ii. Blackberries, blueberries, raspberries