



## In-Office PRP (Platelet-Rich Plasma) Injection Instructions

Phone: 970-479-5886 Fax: 970-458-4585 Email: [teamsachar@thesteadmanclinic.com](mailto:teamsachar@thesteadmanclinic.com)

*These directions are also found online at [www.kavisacharmd.com](http://www.kavisacharmd.com)*

**Please call our direct line to schedule a PRP injection: 970-479-5886**

*PRP injections are **not** covered under any insurance plans; This will be an out-of-pocket cost collected the day of injection upon check-in for your appointment.*

- Our ProofPoint team will draw your blood which takes about 15-30 minutes
  - It takes about 45-60 minutes to prepare the blood for the injection; During this time, you may sit in the lobby or leave the office and return once the PRP injection is ready
  
- Please allow yourself **2-3 hours** for the injection appointment
  - Drink plenty of water and eat food prior to the appointment
  - We recommend someone drive you to and from the appointment, if possible
  - **Discontinue NSAIDs (Advil, Aleve, Motrin, ibuprofen, Celebrex, Meloxicam, etc.) 2 weeks** prior to the injection and for 2 weeks post injection

**\*\*Please alert our office prior to the appointment if you have any history of cancer\*\***

Your injection site will be sore and painful following the injection for the first 1-2 weeks. Injections are typically painful during the injection as well.

- We recommend Tylenol for pain relief
- **No** NSAIDs, heat, or ice