

Pre- and Post-Procedural Instructions for Autologous Blood Injections (ABI) and Platelet Rich Plasma (PRP) Injections

Before you undergo your procedure of autologous blood injection (ABI) or platelet rich plasma (PRP), please follow these instructions:

- Do not take any NSAIDs (non-steroidal anti-inflammatory drugs) for at least 7 days leading up to your procedure. These include, but are not limited to, aspirin, naproxen (Aleve), ibuprofen (Motrin, Advil), celecoxib (Celebrex), meloxicam (Mobic). Acetaminophen (Tylenol) is not an NSAID and is acceptable to take.
 - The purpose of these injections is to induce your body to create a healing inflammatory response, and NSAIDs inhibit an inflammatory response.
- If you are on aspirin or an anticoagulant, please contact our office to determine if you should discontinue it prior to your injection. Anticoagulants include, but are not limited to, warfarin (Coumadin), heparin, clopidogrel (Plavix), rivaroxaban (Xarelto), apixaban (Eliquis), dabigatran (Pradaxa).
- For lower extremity procedures:
 - Crutches, a walker, a boot, or a brace may be applied after the procedure. If you already possess one, please bring it with you for the procedure. If you do not have one, our clinic may provide one on the day of the procedure.
- For upper extremity procedures:
 - A shoulder sling, wrist or elbow brace may be applied after the procedure. If you already possess one, please bring it with you for the procedure. If you do not have one, our clinic may provide one on the day of the procedure.

After your procedure:

- Avoid taking any NSAIDs for at least 14 days after the procedure. Your physician will provide you with pain medication if needed and you may still take acetaminophen (Tylenol) as needed for pain.
- The anesthetic medication typically lasts between 2-10 hours and then wears off.
- You can apply ice to the affected area for 10 minutes on, 10 minutes off, and 10 minutes on again every 3-4 hours as needed for pain and swelling.
- You can expect for the area(s) injected to be sore and achy after the anesthetic wears off, often feeling like a throbbing, pinching sensation. This will typically last no more than 1-2 days.