WHAT TO KNOW BEFORE GETTING PRP

(Platelet rich plasma)

A Patient Information Guide

KINGSWAY NATUROPATHIC CLINIC

What is PRP?

PRP = Platelet-Rich Plasma, a concentrated portion of your own blood containing growth factors that promote healing.
Used for: joint pain, tendon injuries, hair restoration, skin rejuvenation, & more.

Before Your Appointment

Hydration
- Drink 1-2 L of water the day before & day of your procedure.
- Hydration improves blood draw quality & increases PRP yield.

Avoid These for 7 Days Before
- NSAIDs (Advil, ibuprofen, naproxen, Aleve, Motrin) – they reduce platelet function.
- Herbs/supplements that thin blood (fish oil, ginkgo, garlic, high-dose vitamin E).
- Alcohol – can dehydrate & reduce platelet quality.

Avoid These for 48 Hours Before
- Smoking / vaping
- Heavy exercise (light movement is fine)
- Sauna / hot yoga (can dehydrate)

Medications



- OK: Acetaminophen (Tylenol) for pain.
- Review with your doctor: Blood thinners (e.g., warfarin, clopidogrel, apixaban), steroids, & recent steroid injections.
- Do not stop any prescription medication unless specifically instructed by your clinician.

How Many Treatments You'll Need

What's right for you will be decided with you & your doctor, but generally:
- Joints/tendons: 1-3 sessions, spaced 4-6 weeks apart.
- Hair restoration: 3-6 sessions, spaced monthly.
- Skin/face: 2-4 sessions, every 4-6 weeks.
- Results build gradually over months.

On the Day of Your Treatment

Eat first
- Light meal + hydration improves comfort & prevents dizziness.

Wear appropriate clothing
- Comfortable clothing that allows access to treatment area (Ex. Shorts, sports bra)
- For hair PRP: clean, dry hair; no styling products.

Arrive early
- You'll sign consent forms & review your goals with your provider.

What to Expect During PRP



- A small amount of blood is drawn.
- Your blood is spun in a centrifuge to isolate platelets.
- Concentrated PRP is injected into the target area.
- Mild discomfort is normal; local numbing may be used depending on the area.

Immediately After Your Procedure

- Expect mild swelling, redness, or soreness for 24-72 hours.
- Avoid NSAIDs for 7 days after (use Tylenol only).
- No heavy workouts for 48 hours; gentle movement is encouraged.
- Avoid alcohol & smoking for 24-48 hours.
- Because PRP comes from your blood, risk of allergy is extremely low.

WHEN TO SEE YOUR DOCTOR



Seek care immediately if you experience:
- Increasing pain after 72 hours
- Fever, chills, or signs of infection
- Excessive swelling or redness
- Allergic reaction (rare)