return to play
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PRP Preparation

Cortisone Injection:

If you have received cortisone for a tendon, joint cavity or bursa
Please allow a minimum 10 days before PRP should be administered

Anti-inflammatories:

Anti Inflammatory	minimum time before PRP should be administered
Aspirin (for heart conditions)	Can be booked in that afternoon
Ibuprofen	24 hours since last dose
Diclofenac	24 hours since last dose
Indomethacin	36 hours since last dose
Naproxen	6 days since last dose
Meloxicam	7 days since last dose
Piroxicam	17 days since last dose
Optional Lockout period:	
Celecoxib	4 days since last dose

Alcohol:

If abstaining could induce a withdrawal, please discuss this with the Doctor PRIOR to any cessation.
Otherwise, please allow a minimum 24 hours, of abstinence before PRP should be administration

Hydration:

To make PRP, once you have had the procedure explained, part of your blood is taken, usually from your arm.
In order to make this an easier process, it is recommended that you are well hydrated.

In the 24 hours prior to injection, aim for approximately 3L of non-caffeinated fluid intake
On the day of the PRP,

if you are receiving PRP before 10am,	aim for 500mL (2 cups) prior to arriving
if you are receiving PRP after 10am, and before 2pm,	aim for 1000mL (4 cups) prior to arriving
if you are receiving PRP after 2pm,	aim for 1500mL (6 cups) prior to arriving

You are welcome to empty your bladder as much as you need!