



**TWIN CITIES
ORTHOPEDICS**

PRP Information

Dr. Maria Ryan.

INFORMATION

PRP

- Procedure is \$900 out of pocket
- No steroids in the joint for 3 months prior
- No topical or oral steroids for 4 weeks prior
- No NSAID's (ibuprofen (Advil, Motrin), naproxen (Aleve), aspirin, etc) for 2 weeks prior
- No NSAID's or steroids (oral) for 4 weeks after
- Acetaminophen (Tylenol) is ok
- Ice is recommended: 20 min 2-3x / day
- After procedure, joint or tendon will be immobilized for a few days (ok to come out to do gentle ROM)
- PT or OT will be ordered for after procedure