



## Indiana University Health

*IU Health Physicians Orthopedics & Sports Medicine*

### **PLATELET-RICH PLASMA (PRP) INJECTION**

#### **PRE-INJECTION INFORMATION & INSTRUCTIONS**

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### **Discontinuing Some Medications Prior to Your Cell Therapy or Platelet Rich Plasma Treatment:**

**Here is a summary of what you may need to hold:**

- **Non-Steroidal Anti-Inflammatories ( ie Motrin™, Aleve™) – Hold 10 days prior**
- **Aspirin – Hold 10 days prior – May require approval from cardiologist or primary care physician**
- **Antiplatelet Therapy (i.e. Plavix™)- Hold 10 days prior- May require approval from cardiologist or primary care physician.**
- **Blood Thinners – ( ie Xarelto™, Eliquis™, Pradaxa™) – Hold 48 hrs prior. May require approval from cardiologist or primary care physician**
- **Coumadin – No need to hold.**
- **Supplements and Vitamins- Hold 10 days prior.**



## **Why Do We Hold These Medications?**

*It is our goal to provide you with the best outcome possible with your upcoming cell therapy or platelet rich plasma treatment. Although this field of science and medicine is evolving, there are some medications which may interfere with the process of your treatment. Most of these medications influence the ability of your platelets to clump together in what is termed "platelet aggregation." Platelets must clump or aggregate together to release their growth factors. Once the aggregation happens, the process is complete and growth factors will be slowly released from this clump. Both the cell and platelet rich plasma treatments involve this aggregation process. Certain medications and supplements listed below may inhibit this platelet aggregation and thus we would prefer you read through this list and SAFELY stop these medications or supplements prior to your treatment. Please read through this list and take the appropriate steps to hold them prior to the scheduled treatment. If you forgot, or your physician feels that the risk of you holding these medications outweighs the potential benefits, do not fret. There are no controlled studies in humans demonstrating that patients who held these medications had any improved results. Most of these recommendations are based on basic research and animal models. We have many patients who have not discontinued these medications and have had good results.*

- **Non-Steroidal Anti-Inflammatory (NSAID) medications- Hold 10 days prior** *These are medications given for arthritis and include the trade names of Motrin™, Aleve™, Advil™, Naprosyn™, Indocin™ etc. These medications should be held 10 days prior to your treatment.*
- **Aspirin Medication - HOLD 10 days Prior** *Aspirin is also a NSAID, but many physicians may use low dose aspirin such as baby aspirin for patients with heart disease. These may inhibit the clumping of platelets and many cardiologists recommend using low dose aspirin to prevent this clumping within your heart vessels or more importantly a new heart stent. Thus, if you were instructed by your cardiologist or primary care physician to take a daily aspirin for a newly placed stent within the past year, you must discuss holding this medication with your physician before you even consider holding this medication. **Stopping this medication prematurely can cause serious and even fatal clotting of these stents.** Thus, it is critical to obtain permission from your cardiologist or primary care physician prior to holding this medication.*
- **Antiplatelet Therapy- Hold 10 days prior-** *These medications are normally provided along with aspirin to help keep the blood cells pliable and soft so they do not*



clump. Some examples of these include Plavix™. **If you are on these medications, it is extremely important that you discuss holding these medications with your physician. Holding these medications without their approval may result in serious and even fatal events.** *If you have had a medicated stent placed in your heart within the past year, you must obtain permission from your cardiologist prior to doing anything with this medication. Stopping these medications even for a day, can result in serious complications.*

- **Blood Thinning Medications- Hold 2 days prior-** *These are medications provided to patients who may have an abnormal beat of their heart such as atrial fibrillation to reduce the risk of a stroke. Common names include Xarelto™, Eliquis™ or Pradaxa™. These do not normally affect platelets, but they can cause some excessive bleeding and bruising. Thus, the discontinuation of these medications is focused on reducing the amount of bruising and potential pain after the procedure. Again, **you must obtain permission from your primary care physician or the physician who placed you on this medication prior to holding these medications. Failure to do so may result in serious and even fatal complications such as stroke.** You can restart these medications the next morning after this procedure and thus, you may only be off this medication for a very brief period.*
- **Coumadin™/ Warfarin - You may continue** *Coumadin™ or Warfarin thought the process of receiving either injection. We have found no difference in bleeding and bruising or the eventual results when patients were using Coumadin with either treatment. Please continue to take your normal dosing throughout your treatment unless instructed by another physician. Even if you receive a call from a nurse at the hospital or surgical center about holding your Coumadin, please contact our office for clarification. Some surgery centers ask that you stop this medication and may ask that you be placed on a medication to “bridge” you such as Lovenox™. Please do not allow yourself to be placed on this injectable medication until you discuss this with our office. We would prefer you not to be placed on this medication if you are already on Coumadin™.*
- **Supplements and Vitamins Affecting Platelets-** *Although you may be taking a “natural product”, some of the nutritional supplements, may cause effects on the platelet aggregation. Some common supplements which may cause this include the list below. This is in no way a complete inclusive list and many other supplements may cause issues with your platelets. It is impossible to know the exact effects of multiple combinations of supplements and your other medications or the medications used during anesthesia. Thus, it is prudent to suggest that you **discontinue all your supplements at least 10 days prior to your treatment.***
  - *Garlic*



- *Ginger*
- *Ginkgo*
- *Ginseng*
- *Green Tea*
- *Kava*
- *Saw Palmetto*
- *Dong-quai (Angelica sinensis)*
- *Danshen (Salvia miltiorhiza)*
- *Boldo (Peumus boldus)*
- *Papaya (Carica Papaya)*
- *Coenzyme Q10*
- *Vitamin E*
- *Fish Oil*
- *Willow Bark*

**\*\*\*If you have questions and need to speak to the nurse, please send us a message via the patient portal (instructions on how to create a patient portal will be provided at the time of surgery) ... or if more urgent, please contact us at our triage/call center at 317-944-9400 \*\*\***

**\*\*\*If you have an emergency after hours or on the weekend call the physician on call at 317-944-9400 or call 911\*\*\***

**\*\*\*Someone from Dr. Saltzman's team will call you on your first day after surgery to address any questions or concerns\*\*\***