

# PLATELET RICH PLASMA THERAPY

## Pre and Post Operative Instructions

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**Southwest Ohio ENT Specialists**

Nurse Line: 937-496-0261  
After hours: 496-2600

### Before Procedure

- Discuss any medications you are taking with your surgeon, you must be off of any NSAIDS (ibuprofen, aspirin, etc) **7 days before** the procedure and **14 days after** the procedure. You may be required to obtain clearance from prescribing provider. You will need to stop any prescribed BLOOD THINNERS as well.
- Make sure you are well hydrated and eat a full meal before the procedure. Begin increasing your fluid intake 48 hours in advance. It is recommended that you drink 8 ounces of water every hour during waking hours. Electrolyte drinks are also recommended.
- avoid alcohol 48 hrs in advance
- No Garlic or garlic supplements 3 days before procedure

### The Procedure

- Typically takes 1 hour to complete in the office. Your blood will be drawn and spun down to injected into the nasal passages
- We will use an anesthetic to numb your nasal passage
- Bring something to keep yourself occupied.
- During the actual therapy it is normal to feel some pressure and brief pain (similar to a dental procedure)
- It is normal to have numbness of the teeth and throat during the procedure

### After the Procedure

- Avoid any strenuous activity for 7 days
- Avoid using Ice on face. Warm compresses are preferred
- A small amount of bloody nasal drainage is normal after this surgery for 1-2 days. Drainage may flow out from front of the nose and down the back of the throat. You should spit out blood drainage that drips down the back of your throat to prevent nausea/vomiting. You will have a nasal drip pad/sling with gauze to catch drainage from the front of your nose.
- Frequent snacks help reduce nausea from nasal drainage. Crackers or pretzels are best.
- Keep your head elevated while sleeping until the nasal drainage stops.
- You may notice facial pressure and fullness as a result of the therapy for a few days after surgery.
- Avoid nose blowing x 1 week - use sinus rinses instead

- It is fine to shower and eat as normal once the numbing medications wear off
- Avoid heavy lifting (less than 10 lbs) or straining x 1 week. .
- Resume any blood thinners 2 weeks after the procedure
- The first week after the procedure you will feel " euphoric" once you are 2 weeks out it should be baseline. You may need up to Three procedures in order to obtain maximum benefits.
- Reach out to our office if you have any questions or concerns.