

Dr. Mark W. Peterson

Sports Medicine Physician

Salt Lake Clinic - Heiden Orthopedics
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Dr. Peterson's - PRP Injections Checklist

Prior to your appointment

- Stop all Anti-inflammatories (Ibuprofen, Aleve, Naproxen, Motrin, Meloxicam, Mobic) at least one week prior to the injection. The exception to this is for any medications taken for Cardiac reasons (Please discuss with Dr. Peterson, prior to the injection).
- Verify with Dr. Peterson that a PRP kit has been ordered and will be available for you.
- Set an appointment for the injection, generally on Thursdays mornings, starting at 9am.

Day of your appointment

- Please come 15-20 minutes early to your appointment (we have a dedicated MA who comes in for our blood draws when requested)
- Fill out the Consent Form (Pink Sheet)
- Payment is required prior to your appointment.
 - Payment only accepted in Cash, Check or Venmo. Credit/Debit cards will have a surcharge fee added. Checks can be made out to: Dr. Mark W. Peterson
Venmo: Dr. Mark W. Peterson @DrMarkWPeterson Look for Dr. Peterson's picture QR code available to scan at the office for Venmo
- Please set up a two week follow up appointment with Dr. Peterson, Physical therapy is often started two weeks after injection.

After your appointment

- Expect some discomfort, follow the Aftercare instructions list that follows this checklist.
 - Pain medications may be provided as needed.
- Please try to avoid anti-inflammatories for the next 2 weeks. (See above for list)
- Ice and rest the area as needed, this is better than heat during this time.
- Make an appointment to see Dr. Peterson, two weeks after your injection. Call 435-615-8822 for any questions.