

PRP AFTERCARE INSTRUCTIONS

- Do NOT drink alcohol 48-72 hours prior and after procedure.
- Try NOT to apply ice to the treated area for 10 days.
- Do NOT take any anti-inflammatory medication such as Advil, Ibuprofen, Aspirin, Vitamin E, Fish oil, Omega 3, 6 and 9 and Ginkgo biloba 10 days after procedure.
- Wear Cam walker boot for _____ days/weeks following.

Print Name

Signature

Date