



## What to do: Before and After the PRP Procedure

**BEFORE:** The week before having the treatment (for best results):

1. AVOID the use of NSAIDS (ibuprofen, Motrin, Aleve, Naproxen, Aspirin, etc.) 3-7 days before procedure (Tylenol is OK for pain relief right up to and including the day of procedure – do not exceed 4000mg in a 24 hour period).
2. AVOID the following nutritional supplements for 3-7 days before procedure - Ginko Biloba, Garlic, Vitamin E, Vitamin A, Flax Oil, Curcumin and other anti-inflammatory nutrients.
3. AVOID the Systemic use of corticosteroids for 1-2 weeks before the procedure.
4. AVOID Alcohol and Cigarettes for 3-7 days before the procedure.
5. HYDRATE very well the day before and the day of the procedure for ease of blood draw.

**DURING:** The day of the procedure:

1. All paperwork will be completed
  - a. Personal Medical History
  - b. Symptom Questionnaires
  - c. Informed Consent Form
2. Blood is drawn and PRP is processed
3. Topical numbing cream is applied to injection site (s)
4. PRP is processed, activated and injected
5. Schedule a 4-week follow up appointment.

**AFTER:** The week(s) after the procedure (for best results):

1. AVOID the use of NSAIDS (ibuprofen, Motrin, Aleve, Naproxen, Aspirin, etc.) 3-7 days after procedure (Tylenol is OK for pain relief – do not exceed 4000mg in a 24 hour period).
2. AVOID the following nutritional supplements for 3-7 days after the procedure - Ginko Biloba, Garlic, Vitamin E, Vitamin A, Flax Oil, Curcumin and other anti-inflammatory nutrients.
3. AVOID the Systemic use of corticosteroids for 1-2 weeks after the procedure.
4. AVOID Alcohol and Cigarettes for 3-7 days after the procedure.
5. EAT a healthy diet and HYDRATE very well – at least 64 ounces of clean fresh water.
6. Attend 4-week follow up appointment with provider for further instructions and intervention if necessary.