

PRP ORTHOPEDIC PRE-TREATMENT INSTRUCTIONS

Please carefully read and follow these Instructions prior to your PRP treatment.

AVOID: Aspirin, Motrin, ibuprofen, Aleve (all non-steroidal and steroidal anti-inflammatory agents), curcumin, turmeric, Gingko biloba, garlic, flax oil, cod liver oil, vitamin A, vitamin E, or any other essential fatty acids at least 3 days -1 week prior to and after your treatment. Remember, we are creating inflammation. **This includes pain gels such as Voltaren and Salonpas, etc. for pain relief.**

DO NOT TAKE systemic steroids such as; Prednisone, Hydrocortisone, etc. for at least 2 weeks prior to your procedure. If you have had epidurals or steroid injections within the last six weeks, please inform us.

AVOID: Vigorous exercise, sun, and heat exposure for at least 3 days prior to your treatment

AVOID: Alcohol, caffeine, and cigarettes for 3 days before and after your treatment.

DIET AND FLUID INTAKE • Please increase your intake of fluid the day before your procedure by simply drinking 2 glasses of water in the morning before your PRP session, 2 glasses at lunch and 2 glasses at dinner.

Please eat a normal breakfast or lunch the day of your PRP session. Do not eat for 3 hours prior to procedure. You may take routine morning medications as long as they are not anti-inflammatory, or blood thinners see list above.

I certify that I have been counseled in post treatment instructions and have been given a written copy of these instructions.

Patient Name (print)

Patient Signature

Date

Witness Name (print)

Witness Signature

Date