

Platelet Rich Plasma Pre-Procedure Instructions

We are thrilled that you have chosen an innovative, minimally invasive, and very effective treatment for the relief of your pain.

There are several things that we ask you to do in order to prepare for your upcoming treatment:

- Because steroids can stop your body's ability to heal and can make the treatment less effective, **AVOID** corticosteroids (prednisone, Medrol dose pack, Cortisone) for 3 weeks prior to injection.
- Stop taking non-steroidal anti-inflammatory drugs (NSAIDs), such as aspirin, Aleve, naproxen, Motrin or ibuprofen, or arthritis medications such as Celebrex, a week prior to the procedure.
- If you are on any blood thinner, be sure that you notify your provider.

On the day of your procedure:

- Drink plenty of fluids.
- Make sure that you have eaten something, especially if you have any issues with low blood sugar.
- You should plan to take it easy on the day of and the day after the procedure.
- If it is your first procedure, you may want to bring a driver.

Please call our office with any questions you may have. Follow post-procedure instructions very carefully to maximize your results.