

# Platelet Rich Plasma (PRP)

## 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.

Thank you for choosing Integrated Physical Medicine.

If you have any questions, do not hesitate to call our offices.

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