



O SHOT PRE- AND POST-CARE

PRP Therapy is very safe because cells from the patient's own blood are used, which means there are no preservatives and no chance of the body rejecting the cells. The primary risks and discomforts are related to the blood draw where there is a slight pinch to insert the needle for collection and there is a potential for bruising at the site. Please drink plenty of fluids the night prior to your treatment.

For optimal results and to decrease the chance of bruising at the draw site, please avoid all blood thinning medications and herbal supplements for 1 week prior to your appointment if you can. Avoid taking Aspirin and non-steroidal anti-inflammatory medications (NSAIDS) such as such as Ibuprofen, Motrin and Aleve. In addition, very high doses of some Vitamins and supplements can thin your blood and increase the chance of bruising. Please notify your provider if you are taking Coumadin, Plavix, or any other blood thinners for a medical condition. During the course of your treatments, notify my staff of any changes to your medical history, health status, or personal activities that may be relevant to your treatment.

POST CARE INSTRUCTIONS

What to Expect After Treatment:

Immediately following the procedure, the most commonly reported temporary side effects are redness, swelling, bruising, tenderness, tingling, numbness, lumpiness, and/or a feeling of pressure or fullness at the injection sites and/or in the treated area(s). Cold gel packs/ice may be gently applied immediately after treatment to reduce swelling. Swelling and redness generally subsides within 24 hours.

To Avoid Bruising:

Avoid alcohol consumption for a minimum of 6 hours and refrain from taking blood thinners such as Aspirin and NSAIDS for several days. Tylenol is recommended if needed for discomfort.

To Maximize Results and Prevent Complications:

Avoid direct high heat (sun exposure, sauna, hot baths, steam room, very hot shower, hot yoga, strenuous exercise etc.) for 24 hours after treatment.

You CAN have intercourse the day of the procedure.



Follow up Appointment:

Most patients see improvement within 2 to 4 weeks with continued Improvement for up to 12 weeks.

Maintenance Treatments:

The results of PRP therapy can last up to 2 years, but results vary and research documenting the longevity of results is ongoing. Maintenance treatments are recommended every 6 to 12 months.

Patient's Signature: _____ Date: _____

Name (Printed): _____ Witness: _____