



## 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 you should do to prepare for your upcoming treatment:**

- 1** 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.
- 2** 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.
- 3** If you are on any blood thinner, be sure that you notify your provider.
- 4** If you are taking a supplement with collagen, stop taking 1 week prior to your injection.

### On the day of your procedure:

- 1** Drink plenty of fluids on the day of the procedure.
- 2** Make sure that you have eaten something, especially if you have any issues with low blood sugar.
- 3** You should plan on taking it easy on the day of your procedure and the day after your procedure.

**Please call our office with any questions you may have at 763-323-1492. Follow post-procedure instructions very carefully to maximize your results.**