



## PRP Joint Injections Pre & Post Care Instructions

Platelet-rich plasma (PRP) therapy uses injections of a concentration of a patient's own platelets to accelerate the healing of injured tendons, ligaments, muscles and joints. In this way, PRP injections use each individual patient's own healing system to improve musculoskeletal problems.

PRP injections are prepared by taking anywhere from one to a few tubes of your own blood and running it through a centrifuge to concentrate the platelets. These activated platelets are then injected directly into your injured or diseased body tissue. This releases growth factors that stimulate and increase the number of reparative cells your body produces. Ultrasound imaging is sometimes used to guide the injection.

### PRP Injections Pre-Care Instructions:

- If you develop a fever, cold, flu, or inflammation in the treatment areas we must reschedule. Use of PRP treatment with a heightened immune system increases risks for complications.
- We recommend treating no sooner than 3-4 weeks before a special event or upcoming vacation to allow time for adequate healing and swelling to subside.
- If you have a history of cold sores, consider beginning prophylactic treatment with Valtrex or similar no later than the day of treatment.
- Discontinue use of anti-inflammatory drugs steroidal and non-steroidal (i.e. aspirin, ibuprofen, Medrol, prednisone, advil) at least 3 days to 1 week before your treatment. With PRP, we want inflammation; this is one of the mechanisms of how PRP does its work.
- If you are or have been on steroids within 2 weeks of treatment, we cannot treat you. Consult your physician for approval to discontinue the use of steroids and receive treatment.
- Discontinue use of any other blood-thinning agents such as Vitamin E, Vitamin A, Gingko Biloba, Garlic, Flax Oil, Cod Liver Oil, Essential Fatty Acids (EFA's and DHA's) etc. at least 3 days to 1 week before and after treatment to minimize bruising and bleeding.
- We recommend avoiding alcohol, caffeine, Niacin supplement, spicy foods, and cigarettes 3 days before and after your treatment. (All of these may increase risk of bruising)

### PRP Injections Post-Care Instructions:

- Do NOT touch, press, rub, or manipulate the treated area (s) for at least 8 hours after your treatment. It is normal to experience: bruising, redness, itching, soreness, and swelling lasting up to 10 days following your procedure.
- You will want to avoid vigorous exercise and heat exposure for at least 48 hours after your treatment.

- You will want to avoid Aspirin, Motrin, Ibuprofen, Aleve (all non-steroidal and steroidal anti-inflammatory agents) If you experience discomfort or pain, you may take Tylenol or other Acetaminophen products.
- You may apply ice as needed for comfort after the procedure.
- AVOID: Alcohol, caffeine, and cigarettes for 48 before and after your treatment
- Smoking impairs healing times therefore increases chances of complications and reduces effectiveness of treatment.
- Maintain a healthy diet and drink at least 64 oz.'s of water the day of the treatment.

Please contact Cheeky Medspa at (907) 252-3198 if you have any questions, concerns, or compliments regarding your treatment.

By signing this form, I attest that understand the Pre/Post Care instructions detailed above

Signature

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