



PRP Joint Injection

PRE+POST CARE INSTRUCTIONS

PRE-TREATMENT CARE:

- Three weeks before the procedure, you should stop using any steroid medications.
 - The week before the procedure, avoid ibuprofen, aspirin, and NSAIDs. Stop taking ANY blood thinners, anticoagulants, herbs, supplements, or vitamins that thin the blood. Consult your doctor if you're unsure about any of your medications or supplements.
 - The Day Before the procedure, drink plenty of water, eat nutritious meals, and rest well.
 - The day of the procedure, keep hydrated and eat a full, healthy meal
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POST- TREATMENT CARE:

- Avoid sun exposure and saunas and working out for 24 hours.
 - For the first 8 hours: Avoid touching, rubbing, or massaging the injection site.
 - Avoid bathing, showering, or swimming for 8 hours after treatment.
 - Do not take any medications, vitamins, or supplements unless approved by your podiatrist. This includes herbs, pain relievers, and even marijuana or CBD. Tylenol may be allowed for pain relief.
 - Avoid using ice or heat on the injection site for 3 days after the procedure.
 - Do not apply lotions, oils, or makeup to the injection area for 6 hours.
 - Refrain from intense physical activities and exercise for 3 days after the injection.
 - Avoid smoking and alcohol for at least 3 days, as both can slow healing, and smoking may reduce treatment effectiveness.
 - Stay hydrated and eat healthy, nutritious meals.
 - You may experience tenderness, swelling, and redness at the injection site after your treatment. You may even experience bruising. These symptoms could persist for 7-10 days post-procedure. Contact your doctor if your symptoms worsen or change or do not start to go away after 10 days.
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IT IS IMPORTANT TO FOLLOW THE SPECIFIC PRE+POST INSTRUCTIONS PROVIDED TO ENSURE THE BEST POSSIBLE HEALING AND RESULTS. IF YOU HAVE ANY QUESTIONS OR CONCERNS ABOUT THE INSTRUCTIONS, BE SURE TO CONTACT US FOR MORE GUIDANCE.