

## PRP O-SHOT PRE- AND POST CARE

### **Pre-Treatment Instructions:**

- Avoid the following for at least 1 week prior to your procedure:
  - NSAIDS (Ibuprofen, Motrin, Aleve, Naprosyn, Aspirin)—Tylenol is allowed.
  - Certain nutritional supplements (Arnica, Gingko, Garlic, Vitamin E, Vitamin A, Flax Oil, Curcumin, and other anti-inflammatory nutrients)
  - Systemic Steroids (prednisone, dexamethasone)
  - Alcohol and Cigarettes
- Hydrate well the day before and the day of the procedure for ease of blood draw.
- SHAVE the treatment area within 24 hours of procedure.

### **On the Treatment Day:**

- Blood is drawn and PRP is processed.
- Topical anesthetic is applied to the treatment area for 20-30 minutes.
- Additional lidocaine will be injected after topical numbing attained.
- PRP is then injected into 3-4 areas in the pelvic floor.

### **Post-Treatment Instructions:**

- Expect mild inflammation, redness, swelling for a few hours to days.
- You may apply arnica gel or cream to the area to help. Do not take Arnica internally, however.
- For at least 1 week, avoid NSAIDS (Ibuprofen, Motrin, Aleve, Naprosyn, Aspirin), certain nutritional supplements (Arnica, Gingko, Garlic, Vitamin E, Vitamin A, Flax Oil, Curcumin and other anti-inflammatory nutrients), systemic steroids (prednisone, dexamethasone), alcohol and cigarettes.
- Eat healthy and hydrate very well (at least 64 ounces of water daily).
- If you get a UTI or yeast infection, let your provider know so they can call in a prescription.
- Sex is encouraged daily to every other day to aide in the success of the treatment.