

PRIAPUS SHOT PRE- AND POST CARE

Pre-Treatment Instructions: *The week before*

1. AVOID the use of NSAIDS (ibuprofen, Motrin, Aleve, Naproxen, Aspirin, etc.) 3-7 days before procedure (Tylenol is OK for pain relief right up to and including the day of procedure – do not exceed 4000mg in a 24-hour period).
2. AVOID the following nutritional supplements for 3-7 days before procedure - Gingko Biloba, Garlic, Vitamin E, Vitamin A, Flax Oil, Curcumin and other anti-inflammatory nutrients.
3. AVOID the Systemic use of corticosteroids for 1-2 weeks before the procedure.
4. AVOID Alcohol and Cigarettes for 3-7 days before the procedure.
5. HYDRATE very well the day before and the day of the procedure for ease of blood draw.

On the Treatment Day:

1. Blood is drawn and PRP is processed
2. Topical numbing cream is applied to injection site(s). Additional lidocaine will be injected after topical numbing is attained.
3. PRP is processed, activated and injected into 5 areas.
4. Vacuum Pump and its instructions will be provided. It is recommended to use this in the office for 5-10 minutes prior to leaving to maximize the effectiveness of the PRP.

Post-Treatment Instructions:

1. Bruising may occur due to the negative pressure of the pump or from the injections.
2. AVOID the use of NSAIDS (ibuprofen, Motrin, Aleve, Naproxen, Aspirin, etc.) 3-7 days after procedure (Tylenol is OK for pain relief – do not exceed 4000mg in a 24-hour period).
3. AVOID the following nutritional supplements for 3-7 days after the procedure - Gingko Biloba, Garlic, Vitamin E, Vitamin A, Flax Oil, Curcumin and other anti-inflammatory nutrients.
4. AVOID the Systemic use of corticosteroids for 1-2 weeks after the procedure.
5. AVOID Alcohol and Cigarettes for 3-7 days after the procedure.
6. EAT a healthy diet and HYDRATE very well – at least 64 ounces of clean fresh water.
7. Use the Vacuum Pump for 10-20 minutes every day to maximize effectiveness of the procedure. You may substitute sex for this. The goal is to have an erection for at least 10 minutes a day, however that occurs.
8. Schedule a 4-week follow up appointment with your provider for further instructions and intervention if necessary.
9. Oftentimes, we will recommend the P wave to enhance the results of the P shot weekly for 5 weeks.