

**PRE- AND POST TREATMENT INSTRUCTIONS FOR O-SHOT PRP PROCEDURE**

**BEFORE:** The week before having the treatment (for best results):

1. AVOID the use of NSAIDS (ibuprofen, Motrin, Aleve, Naproxen, Aspirin, etc.) 5 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 5 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 week before the procedure.
4. AVOID Alcohol and Cigarettes for 5 days before the procedure.
5. HYDRATE very well the day before and the day of the procedure for ease of blood draw.
6. SHAVE the treatment area within 24 hours of procedure.

**DURING:** The day of the procedure:

1. All paperwork will be completed
  - a. Personal Medical History
  - b. Informed Consent
2. Blood is drawn and PRP is processed.
3. Topical numbing cream is applied to injection site(s). Additional lidocaine may be injected after topical numbing attained.
4. PRP is processed, activated and injected into 3-4 areas.
5. APEX/Intensity pelvic exerciser with its instructions will be provided.
6. Schedule a 4-week follow up appointment.

**AFTER:** The week(s) after the procedure (for best results):

1. Mild bruising and irritation may occur.
2. Follow the post procedure APEX/Intensity protocol (10 minutes daily).
3. AVOID the use of NSAIDS (ibuprofen, Motrin, Aleve, Naproxen, Aspirin, etc.) 5 days after procedure (Tylenol is OK for pain relief – do not exceed 4000mg in a 24-hour period).
4. AVOID the following nutritional supplements for 5 days after the procedure - Gingko Biloba, Garlic, Vitamin E, Vitamin A, Flax Oil, Curcumin and other anti-inflammatory nutrients.
5. AVOID the Systemic use of corticosteroids for 2 weeks after the procedure.
6. AVOID Alcohol and Cigarettes for 5 days after the procedure.
7. EAT a healthy diet and HYDRATE very well – at least 64 ounces of clean fresh water.
8. Receive prescription from pharmacy if provided. Call office when refill is necessary.
9. Attend 4-week follow up appointment with provider for further instructions and intervention if necessary.