

PRE AND POST CARE INSTRUCTIONS FOR THE PRIAPUS 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.) 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.

DURING *The day of the procedure:*

1. All paperwork will be completed
 - a. Personal Medical History
 - b. Informed Consent Form
2. Blood is drawn and PRP is processed
3. Topical numbing cream is applied to injection site(s). Additional lidocaine will be injected after topical numbing is attained.
4. PRP is processed, activated and injected into 5 areas.
5. Vacuum Pump and its instructions will be provided. It is recommended to use this in the office for 5-10 minutes to maximize the effectiveness of the PRP.
6. Schedule a 4-week follow up appointment.

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

1. Bruising may occur due to the negative pressure of the pump
2. Follow the post procedure pumping protocol (10 minutes – AM and PM)
3. 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).
4. 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.
5. AVOID the Systemic use of corticosteroids for 1-2 weeks after the procedure.
6. AVOID Alcohol and Cigarettes for 3-7 days after the procedure.
7. EAT a healthy diet and HYDRATE very well – at least 64 ounces of clean fresh water.
8. Use the Vacuum Pump for 10-20 minutes every day to maximize effectiveness of the procedure. You may substitute sex for this.
9. Attend 4-week follow up appointment with provider for further instructions and intervention if necessary.