



TREATMENT INSTRUCTIONS

Preparing for your PRP injection

What to Do Before Your Treatment?

For the best possible outcome, follow these guidelines before your blood draw

- If you develop a **fever, cold / flu, or develop a cold sore, blemish, or rash, etc. in the area to be treated** prior to your appointment, you must reschedule (*we will not treat you*).
- It is recommended that if you have a **special event or vacation coming up**, you schedule your treatment at **least 2 weeks** in advance (we prefer 3-4).
- **Discontinue use of anti-inflammatory drugs** (steroidal and non-steroidal) such as Aspirin, Motrin (or any other Ibuprofen drugs) at least 3 days to 1 week before your treatment. With PRP, we "want" inflammation this is one of the mechanisms of how PRP does its work.
- If you are or have been on **Systemic use of Corticosteroids (steroids) within 2 weeks** of treatment, we cannot treat you. **Consult your physician for approval to discontinue use of steroids and receive treatment.**
- **Discontinue use** of any other blood-thinning agents such as Vitamin E, Vitamin A, Gingko Biloba, Garlic, Flax Oil, Cod Liver Oil, Essential Fatty Acids (EFAs and DHAs), etc., at least 3 days to 1 week before and after treatment to minimize bruising and bleeding.
- It is **recommended that you avoid** Alcohol, caffeine, Niacin supplements, spicy foods, and cigarettes 3 days before and after your treatment. (*All of these may increase risk of bruising*).
- **It is recommended to drink plenty of water for a good blood draw and the best possible outcome**

What to do after your injection?

Please carefully read and follow these Instructions after your PRP treatment. There are minimal restrictions after your PRP injections, allowing you to return to your daily activities almost immediately

- Do NOT touch, press, rub, or manipulate the treated area (s) for at least 8 hours after your treatment
- AVOID Aspirin, Motrin, Ibuprofen, Aleve (all non-steroidal steroidal anti-inflammatory agents), Gingko Biloba, Garlic, Flax Oil, Cod liver Oil, Vitamin A, Vitamin E, or any other essential fatty acids at least 3 days -1 week prior to and after your treatment
- AVOID showering and using any lotions, creams, or make-up for at least 6 hours after your treatment
- AVOID vigorous exercise, sun and heat exposure for at least 3 days after your treatment
- If you experience discomfort or pain you may take Tylenol or other Acetaminophen products
- You may apply ice if you wish to the injected area for 20-30 minutes after the procedure but we would prefer if you can refrain from this
- Smokers tend to not heal as well so results may take longer (Avoid smoking after treatment for as long as possible)
- It is normal to experience: Bruising, Redness, Itching, Soreness, and Swelling that may last from 3-10 days following your procedure
- Please call our office should you have any questions or concerns regarding your PRP treatment or aftercare

Important Reminders

- **Timing:** Arrive on time for your scheduled appointment. This will allow ample time for preparation and treatment.
- **Comfort:** Wear comfortable clothing to your appointment.
- **Questions:** Don't hesitate to ask any questions you may have about the treatment or pre-treatment instructions. We're here to help!
- **Expectations:** Discuss your desired outcomes and any concerns with your podiatrist to ensure realistic expectations.

Next Steps

By following these treatment instructions, you're taking an important step in ensuring a safe and effective treatment. If you have any questions or concerns, please contact us. We look forward to seeing you!



 Arch City Foot & Ankle

Dr. Dennis Timko
Podiatrist



636-486-0033



www.feetdoc.com



drtimko@feetdoc.com