

**O-SHOT PRE- AND POST CARE**

**Pre-Treatment Instructions:** *The week before*

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.

**On the Treatment Day:**

1. Blood is drawn and PRP is processed.
2. Topical numbing cream is applied to injection site(s). Additional lidocaine may be injected after topical numbing attained.
3. PRP is processed, activated and injected into 3-4 areas.
4. Schedule a 4-week follow up appointment.

**Post-Treatment Instructions:**

1. Mild bruising and irritation may occur. Apply ice to the area if needed.
2. 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).
3. 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.
4. AVOID the Systemic use of corticosteroids for 2 weeks after the procedure.
5. AVOID Alcohol and Cigarettes for 5 days after the procedure.
6. EAT a healthy diet and HYDRATE very well – at least 64 ounces of clean fresh water.
7. Receive prescription from pharmacy if provided. Call office when refill is necessary.
8. Attend 4-week follow up appointment with your provider for further instructions and intervention if necessary.