PRE-APPOINTMENT REGENERATIVE MEDICINE GUIDELINES

Thank you for choosing our clinic for your Prolotherapy (Prolo) or Platelet-rich Plasma (PRP) treatment. For your safety, please adhere to the following guidelines prior to each injection appointment.



DO NOT TAKE...

- **Anti-inflammatory Medications (or NSAIDS) for at least 48 hours before your appointment.**
- **Anti-coagulation medication for five days prior to the procedure.**
- **Coricosteroid medications two to three weeks before your injection(s).**

PATIENTS MAY NOT BE ELIGIBLE FOR A PROLO OR PRP INJECTION IF THEY ...

- **Have an auto-immune disorder (advanced).**
- **Show symptoms of a skin infection or skin condition at the injection site.**
- **Received a steroid injection within the past six weeks.**
- **Are taking blood thinners or have a Hematology disorder.**

Regenerative medicine patients who smoke are advised to quit, because the body will not heal as well post treatment.

WATCH OUT FOR OTHER SYMPTOMS

COVID-19 symptoms include fever, cough, difficulty breathing, and fatigue.

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WHAT SHOULD I DO BEFORE MY PROLOTHERAPY OR PLATELET-RICH PLASMA (PRP) THERAPY INJECTION?

Here are some recommendations that patients may follow directly before receiving a prolotherapy or PRP injection.



ALL PATIENTS SHOULD...

- **Drink PLENTY of water.**
  - **We know that staying hydrated is important for the body's systems to function at their best. This is true before receiving a regenerative medicine injection too.**

IT IS RECOMMENDED (BUT OPTIONAL) FOR PATIENTS TO...

- **Get that blood pumping! (OPTIONAL)**
  - **Patients may complete about ten minutes of cardio exercise (i.e. cycling, jogging on a treadmill, or rowing) prior to the blood draw. This will increase the amount of platelets drawn and potentially make the injection more successful.**

QUESTIONS?

Don't hesitate to ask. We're happy to help.

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