

How To Prepare for Platelet Rich Plasma (PRP) and Enhanced PRP Therapy

Congratulations! You have chosen one of the best regenerative treatments for arthritis, tendonitis or bursitis. This process utilizes your body's own natural healing growth factors to help your body heal itself. However, this is not a stem cell procedure and it will not regrow any tissue, tendons, cartilage, meniscus or muscle. To optimize these results, please follow these simple suggestions.

- Read all the material provided to you regarding your diagnosis and treatment plan. This may include the *Ten Steps to Healthy Joints* (also available on our web site) and you should commit to ancillary therapies to enhance your healing such as:
 - Goal setting
 - Exercise - just 15 minutes a day, 6 days a week.
 - Weight control
 - Proper shoe wear
 - Nutrition
 - Have your nitric oxide levels measured (it's free!)
 - Take combination glucosamine sulfate, chondroitin sulfate and MSM.
 - Eat a Mediterranean diet.
- Stop any medications or supplements which are listed in the handout on PRP at least one week prior to the treatment. This normally includes :
 - Aspirin
 - Anti-inflammatory medications (Motrin™, Aleve™, Excedrin™)
 - Supplements and vitamins listed on the sheet.
 - You CAN use Tylenol™ or Traumel™ Cream or our natural anti-inflammatory preparation available in our office.
- Drink plenty of fluids the day of the procedure.
- Most people can easily drive the day of the procedure, but feel free to bring someone with you if you want someone to share your experience.
- Wear comfortable, loose fitting clothing for easy access to your veins and joints.
- Plan on resting the day of the procedure, but return to almost all normal activities within 24 hrs. You can go back to your exercise program within 24 hrs.
- Most people start to notice improvements around week 6-8 but you may either take longer or sooner to notice a difference. Adhering to other treatment plans such as exercise and nutrition can help with the healing.

If you have further questions or concerns, please feel free to contact us anytime at 810-299-8550.