

## **PRP Adam Shot Pre-Treatment Instructions**

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.

## **PRP Adam Shot Post Treatment Instructions**

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

1. Bruising may occur due to the negative pressure of the pump
2. Follow with post procedure pumping (10 minutes – AM and PM) for 12 weeks for best results.
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. Suggested nutritional supplement pack:

Daily

Take 1 multivitamin

Take 1 Purest Vantage DIM (with Bioperine, DONG QUAI, and Vitamin D) 250mg

Take 2 Nature's Nutrition Horney Goat Week Extract (with MACA and Saw Palmetto) 1560mg

Take 2 Horbaach Extreme Long Jack 200: 1 (Tongkat Ali) 1200mg