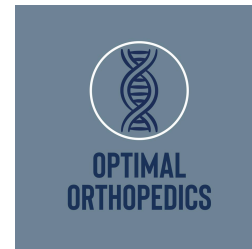


## Instructions before your PRP injection with Optimal Orthopedics



It is important to understand that PRP is one of if not the best orthobiologic injections that we have to treat musculoskeletal problems. It is extremely safe, natural and it uses your own tissues to heal your own body. The important aspect to realize is that in order for the injection to be more beneficial we want your platelets and blood to be optimized in order for you to get optimal results. Regardless of state of the art equipment and the best techniques we need your blood to be as healthy as possible for the best results.

### Two weeks before your injection:

- Stop all NSAIDs (if possible) Advil, Aleve, ibuprofen, motrin, aspirin (if you take aspirin for health reasons please ask your medical doctor first before stopping aspirin) If you

### One Week before your injection

- Eat a healthy diet, there are no specific recommended diets. Generally I recommend fruits, vegetables, healthy sources of fats and proteins.
- Avoid NSAIDs, smoking, alcohol
- Activity: If possible, please engage in a light to moderate cardio workout, without causing a flare up in the affected area or joint. Examples would be exercise bike, elliptical, long walk or high repetition weight lifting.
- If you are on a blood thinner please let Optimal Orthopedics know and talk to your doctor about holding it before the injection, you will be able to get back on it immediately after the injection

### The day of the injection

- Get a good nights rest
- Eat a healthy breakfast
- Stay hydrated, this helps with the blood draw as well