

Procedure Instructions for Platelet Rich Plasma Treatment



PRE-PROCEDURE INSTRUCTIONS

- It is desirable that you arrive for your procedure very well hydrated. Clear liquids are best for hydration. Try to have enough fluid intake on the day of your procedure that you feel that your bladder is full. This is a good indication that you are very well hydrated.
- It is not necessary for you to fast before the procedure. We encourage you to arrive for the procedure not hungry. We suggest that you have a meal or snack that concludes an hour or two before your procedure.
- On the night before or the day of your procedure, please bathe thoroughly by using the soap that you normally use.
- It is recommended that you stop the use of all anti-inflammatory drugs and/or aspirin three days prior to the procedure. If you're on prescription blood thinners please discuss this with Dr. Jernigan or his team well before your procedure.
- A sedative is not required for the procedure. If you have a need for medication to help with anxiety to undergo medical procedures we asked that you consult with your primary care physician about that need. We do not object to your primary care physician prescribing an anti-anxiety drug for your use.

POST-PROCEDURE INSTRUCTIONS

- For best results we ask that you remain off of your anti-inflammatory drugs for two weeks following the procedure. This also includes Aspirin if acceptable.
- Patients are generally able to drive uneventfully soon after the procedure. Though we welcome a companion to accompany you, a companion is not required. If the procedure is performed for a tendon disorder most patients will notice some discomfort such as mild to severe soreness for up to 24 hours. The pain can be distracting so plan a light day following the procedure as well as the day after. You can then pursue your normal daily activity.
- It's not recommended to immobilize the area injected. Movement of the joint will help to decrease any stiffness.

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