



Platelet-Rich Plasma (Pre-Procedure) Guidelines

Please read the instructions below carefully.

- Discontinue Anti-Inflammatory medication (Advil, Motrin, Ibuprofen, Aleve, Naproxen, Meloxicam, Curcumin/Turmeric) at least 3-4 days before your procedure.
- Discontinue any blood thinning herbs, supplements or vitamins 1-2 weeks before your procedure.
- Discontinue Systemic Steroids (Prednisone, Hydrocortisone, etc.) 1-2 weeks before your procedure. If you take chronic oral steroids discontinuation plan will need to be discussed with your primary care provider as abrupt stoppage may cause side effects.
- Steroid Injections (cortisone) should be discontinued at least 1 month before your procedure.
- Eat a full, healthy breakfast the day of your procedure.
- Drink lots of water, especially the day of your procedure.

If you have any questions, you are welcome to call our office at 570-213-5221