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PREPARING FOR YOUR PRP INJECTION

Date: _____

PRP or Platelet Rich Plasma is a treatment created from your own blood to promote healing. Here are some tips to optimize your PRP before treatment.

+ **Stay Well-Hydrated:** We are drawing your blood so staying hydrated will make this process easier and safer.

+ **Avoid ASPIRIN and NSAIDs:** (i.e. Ibuprofen, Motrin, Aleve, Meloxicam, etc.) for 1 week before your appointment. These medications interfere with platelets and can alter the effectiveness of the treatment. Consult your family doctor before stopping aspirin or any other blood thinner medication. Tylenol is OK to take at any time.

+ **Exercise Before Blood Draw:** Exercise and get your heart rate up for 30 minutes on the day of your procedure. Cardio exercise has been shown to double the amount of platelets and progenitor cells in your blood. Visit our website to check out our publication and for more info.

+ **Avoid Diets High in Animal Fats:** Animal fats are known to be inflammatory. I recommend my patients try to maintain a plant-based diet for at least 24 hours before the procedure. You can watch The Game Changers documentary for more info.

+ **Increase Vitamin Intake:** Maintaining a healthy diet promotes healthy cell development and helps with making a better plasma sample. Many vitamins are co-enzymes or catalysts in the healing process and will help the treatment's effectiveness.

+ **Increase High Quality Proteins:** Proteins are the building blocks of our body. Increase your intake of high quality proteins to give your body a reservoir for the healing process.

+ **Avoid Alcohol and Fish Oils:** These substances can thin the blood and can alter the effectiveness of the treatment.

+ **Wear comfy clothing:** for easier access for the blood draw and the injection.