



## PERFORMANCE

INJURY CARE & SPORTS MEDICINE

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### PRP/Whole Blood Pre-procedure Instructions

You have been scheduled for a biologic procedure to enhance your body's natural ability to heal itself from a prolonged injury. Before the procedure you should not take NSAID medications like Ibuprofen (Motrin) or Naproxin (Aleve) for at least 1 week. If you are not sure whether your medication is an NSAID, please ask. Use of NSAIDs should be avoided after the procedure for at least 4-6 weeks. We also recommend that you pick up a pain medication prescription *before* the procedure so you do not have to stop at the pharmacy after the procedure. Typically we prescribe Norco as a pain medication, which has hydrocodone and acetaminophen as a combination.

If you smoke or chew tobacco, you need to discontinue tobacco products at least 2 weeks before and 8 weeks after the procedure. Tobacco will negatively influence your body's natural healing potential. You should try and eat a well balanced diet and consider eliminating refined sugar from your diet as it is a cause of inflammatory pain.

The day of the procedure you should have someone drive you home and we recommend taking the rest of the day away from work. We prefer that you go home and keep the procedural area elevated and ice for about 20-30 minutes over a light cloth or ace wrap. You will have had an anesthetic to help with pain control during the injection, but this will typically wear off in 2-3 hours.

#### Things To Remember!

- ✓ Someone to drive you home.
- ✓ Stay hydrated to make it easier for us to draw your blood for the procedure.
- ✓ If you are instructed to wear a sling, brace, fracture cast boot or use crutches you need to bring them to the appointment.
- ✓ Pick up your pain medication at the pharmacy before the procedure. Call and speak to our staff the day before the procedure if this detail was somehow overlooked.
- ✓ Plan on taking it easy for a few days after the procedure. Although most return to their normal activities the day after the procedure, it's easier to plan on a few low key days.
- ✓ If you have any questions at all, please contact us. (406) 422-5817