

## O SHOT PRE- + POST-PROCEDURE PATIENT INSTRUCTIONS

### PRE-PROCEDURE INSTRUCTIONS

- Always inform your clinician of all medications you are taking. If there are any updates to your medical history, please let us know.
- Avoid strenuous exercise the day of injections.
- Inform your clinician if you have a history of genital herpes to receive advice on antiviral therapy prior to the treatment. If you are currently having an outbreak please call and reschedule your treatment until after the outbreak has resolved.
- For 1 week prior to treatment, please avoid the following medications that may increase the risk of bleeding and/or bruising, and may affect the quality of the PRP: Aspirin, Advil, Motrin, Ibuprofen, Aleve, Naprosyn, Excedrin (all OTC pain pills except Tylenol), Vitamin E, Gingko Biloba, Omega-3 fatty acids, niacin supplements, cod liver oil, CoQ10, garlic and ginger.
- If you are taking any blood-thinning medications as per doctor's orders (such as Coumadin, Warfarin, Plavix, Lovenox, Eliquis), do NOT discontinue without first consulting the prescribing physician. If you continue to take these medications the chances of developing an injection-related hematoma (blood clot) are higher. This medication will affect the quality of your PRP as well. Please consult with our providers.
- Avoid alcohol for 48 hours before and after your treatment, as this may cause additional bruising and/or swelling.

### POST-PROCEDURE INSTRUCTIONS

- Apply cool compresses to the area/s treated as this helps reduce swelling or discomfort.
- DO NOT RUB OR MASSAGE the treated area/s today.
- AVOID strenuous exercise or activity for the remainder of the treatment day. You may resume other normal activities/routines immediately.
- You may take acetaminophen/Tylenol if you experience any mild tenderness or discomfort.

Call our office promptly (802)-861-2273 or email [info@barevt.com](mailto:info@barevt.com) if you experience ANY of the following: Increasing pain, swelling, significant bruising or darkening at or around the treatment area, notable change in temperature to the skin surrounding the treatment area, drainage or fever over 100.5° F or ANY other concerns you may have.

If you have questions or concerns after business hours following a procedure, please call us at **802-861-2273** and push **option 5** to be connected to our answering service. **For a true medical emergency, call 911.**