



# THE GROVE SPA

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& BOUTIQUE

## PRP Joint Injections Pre-Treatment

Please review and follow our pre-treatment care plan. Failure to do so could result in the cancellation of your treatment and forfeiture of your deposit. This service cannot be performed on anyone who is pregnant or nursing.

### 3 Days Before:

- Limit sugar, caffeine, and alcohol intake.
- A vegan or lean meat diet is ideal.
- Increase water intake.
- Working out is encouraged, as it increases red blood cells.
- Avoid anti-inflammatory medications like ibuprofen, naproxen, fish oil or vitamin A.
- Avoid aspirin unless prescribed by your doctor.
- Do not smoke cigarettes.

### Patients Who May Not Achieve Optimal Results:

- Consistent use of NSAIDS (72 hours prior.)
- Systemic use of corticosteroids.
- Use of tobacco.
- Recent fever or illness.

### Contraindications:

- Platelet dysfunction syndrome
- Critical thrombocytopenia
- Hemodynamic instability
- Septicemia
- Local infection at the site
- Cancer (especially hematopoietic or bone)

Have a question? Call us at 816-834-9100 or email us at [clientservices@thegrovespa.com](mailto:clientservices@thegrovespa.com)