

THE GROVE SPA

& BOUTIQUE

PRP/PRF Injections Pre-Treatment

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

Pre Treatment: 3 Days

- 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 and dietary supplements
- Do not smoke cigarettes

Patients that meet the following criteria may not see optimal results:

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

Have a question? Call us at 816-834-9100 or email us at clientservices@thegrovespa.com

