



THE CENTER FOR MANUAL MEDICINE

"We Help You Help Yourself"

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PREPARATIONS

Please come on time and expect to be at the center for 1-2 hours.

Certain injection sites necessitate having someone drive you home. Please check with us.

Call the center immediately at 785-271-8100 if you are experiencing fever, chills, flu-like symptoms or any sign of infection or if you are taking antibiotics or being treated for an infection.

DO eat a well balanced, high protein diet with multivitamin supplements.

DO NOT TAKE Cortico-steroids such as prednisone or cortisone shots for at least 2 weeks prior to your procedure.

DO NOT TAKE Aspirin or non-steroidal anti-inflammatory medications, also known as NSAIDs (Motrin Advil ibuprofen, Aleve naproxen, or prescription anti-inflammatory medication) for at least 1 week prior to your procedure and for at least 2 weeks after. Remember that many over-the-counter medications contain aspirin or NSAIDs

Drink TWO 16 ounce glasses of water the night before the procedure.

The Procedure:

Please wear comfortable loose fitting clothing like sweats. We may ask to you change into a gown.

Your blood will be drawn and placed in the ANGEL centrifuge to create the PRP

30 to 120 ml of blood is drawn from the patient's arm and placed into a closed sterile system in a centrifuge. The portion of the blood that contains the PRP is drawn off automatically into a syringe. This may take about 20 minutes.

The area to be treated will be marked and cleansed. Then it is numbed with a local anesthetic (Lidocaine). PRP is then injected under ultrasound guidance directly into the injured tissue. For some problems, multiple injections are given to ensure optimal treatment.

You will stay and be monitored for at least 15 minutes and receive after care instructions.