

Dr. Kristen E. Cardamone



11 Overlook Rd, MAC II, Suite 180, Summit, NJ 07901
35 Olcott Square, First Floor, Bernardsville, NJ 07924
197 Ridgedale Avenue, Suite 210, Cedar Knolls, NJ 07927
Tel: 908-516-2941 www.drkristencardamone.com Fax: (908) 522-2207

PRP INJECTION INSTRUCTIONS

Please read the following instructions carefully and sign the bottom.

Make sure to up your fluid intake for 3 days prior to PRP injections.

MEDICATIONS TO DISCONTINUE:

- You **must stop** taking any non-steroidal anti-inflammatory (NSAIDs) or other blood thinning medications for **at least 2 weeks** prior to the date of the procedure. This limits the chance of a bleeding complication. These NSAID/blood thinning medications include (but not limited to):
 - Aspirin, Ecotrin, Bufferin, Ibuprofen, Motrin, Advil, Naprosyn (Naproxen), Aleve, Relafen (Nabumetone), Voltaren (diclofenac), Lodine, Fish Oils, Vitamin E, Cataflam, Feldene, Ticlid, etc.
 - In addition, please disclose any and all supplements or herbals you may be taking as some of these may also have blood thinning effects and need to be discontinued prior to your procedure.
- Those taking Aspirin, Coumadin or Plavix must only discontinue these meds after consultation with your cardiologist. Coumadin and Plavix must be discontinued for seven days and INR must be less than or equal to 1.4 before procedure will be performed.
- **Please continue to take all of your other prescribed medications as usual unless otherwise directed by your physician.** You may take Acetaminophen (Tylenol) or opioid pain medications if prescribed.
- Please **do not** take any of the above mentioned medications for **3-4 weeks after PRP.**

PLEASE CONTACT OUR OFFICE AT LEAST 24 HOURS BEFORE YOUR PROCEDURE TO CANCEL YOUR PROCEDURE OR YOU WILL BE CHARGED A \$100.00 CANCELLATION FEE

I have read and understand the above instructions. In the event that I do not follow these instructions I understand my procedure must be cancelled and rescheduled at the doctor's recommendation.

Patient Name

Date