



# IMPACT

## ORTHOPAEDICS

### BEFORE TREATMENT:

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- Your initial visit to Impact Orthopaedics consist of a full physical assessment based on injury or physical complaint which may include x-rays, diagnostic ultrasound, blood work, ROM measurements, MRI if needed.
- If taking NSAID's (anti-inflammatory medication ie: Motrin, Naprosyn, Advil, Aleve) please discontinue 5-7 days prior to treatment. If taking an 81mg Aspirin, continue.
- Follow your normal daily routine on procedure day; make sure to drink plenty of water.
- The procedure takes approximately 1hour to perform.
- Upon arriving at Impact, your blood will be drawn and you will be prepped for your procedure. Your blood will be spun down in a special centrifuge which takes about 15 minutes.
- Ultrasound may be used to guide where Dr. Jones will treat, those areas will be marked and numbed with local anesthetic.
- After 10 minutes you will be asked to test the areas of pain by walking, running, going up and down stairs, moving your limb in ROM. If you are pain free, then your Platelet Rich Plasma (PRP) will be injected into the same areas that have been anesthetized.

### AFTER TREATMENT:

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- You will be numb in the areas treated for 2-4 hours after the procedure.
- Due to the numbness we ask that you refrain from any strenuous activities but to stay mobile.
- After the anesthesia wears off you may resume activities to tolerance of pain.
- You will experience some pain and soreness for 2-5 days after your treatment. The initial inflammatory phase last 7 days and secondary phase can last 14 days.
- NO anti-inflammatory medication (Ibuprofen, Motrin, Aleve) should be used for 4-6 weeks after treatment.
- Tylenol for pain, ice as needed for pain and swelling (20 minutes every hour as needed).
- Follow a program for flexibility and core strength to rehabilitate and correct any imbalances in the kinetic chain.
- You may experience the "roller coaster" syndrome where you feel great one day and for no apparent reason the area treated starts to hurt again, this is normal in the healing process.
- The platelets are active for several weeks and it can take up to 6 months for normal collagen to form and heal completely.

SOMETIMES A SERIES OF 2-3 TREATMENTS ARE NEEDED TO ACHIEVE COMPLETE HEALING. IF SUBSEQUENT TREATMENTS ARE NEEDED THEY ARE USUALLY PERFORMED 3-6 WEEKS APART.