**Checklist Prior to PRP or Orthokine Injections**

**Orthokine**

Treatment is not recommended if you:

* Are suffering from acute infection or fever
* Local skin infection or damage
* Have suffered from diarrhea in the last 3 days
* Have taken antibiotics within the last week
* Have received a vaccination in the last 4 weeks
* Have an allergy to local anaesthetics
* Have metal implants/ screws near area of injection

**Platelet-Rich Plasma (PRP)**

Treatment is not/may not be recommended if you:

* Are pregnant or breastfeeding
* Have cancer
* Have leukaemia
* Have platelet disorder or low platelet count
* Are unable to stop taking anti-inflammatory medication
* Have an allergy to local anaesthetics
* Have had an illness of fever in the last 2 weeks
* Have had cortisone/steroids in the last 4 weeks
* Have metal implants/screws near area of injection

Treatment effectiveness may be may be reduced with patients taking blood thinners/ anti-platelet medications (warfarin, aspirin, Plavix) and diabetics.

Please notify the clinic if your health changes during the course of treatment.