



Orthokine®

Manufactures Suggested Patient Preparation for Orthokine.

(Preparation only applies to the first appointment only)

5 days prior to treatment:

- Stop taking supplements that increase bruising and bleeding (Please consult with your doctor)
 - Nurofen
 - Voltaren
 - Aspirin
- Increase your water intake (especially on the day prior to your examination)

Day of your examination:

- Drink 2-3 litres of water within 4 hours of your examination
- Bring any previous imaging and a driver

Relative Contra-Indications:

- Platelet Dysfunction Syndrome
- Critical Thrombocytopenia
- Hypofibrinogenaemia
- Haemodynamic Instability
- Sepsis
- Acute and Chronic Infections
- Antibiotics up to one week before planned reinjection
- Person with Skin Disease or Cancer
- Severe Metabolic and Systemic Disorders
- Dysentery during the past 3 days
- Vaccination within the past 4 weeks
- Anti-Coagulation Therapy
- Chronic Liver Pathology

Post Procedure Care:

- No exercise, swimming or sauna 12 hours after each injection

Which side effects or complications could possibly occur?

Side effects occur rarely. The most common effects are general reactions to the injection itself. No negative interferences with other treatments are known.

Unwanted effects of joint puncture are: allergic reactions, nerve inflammation, cardiovascular failure, sensory impairment, joint infection. Joint infections are accompanied by strong pain, overheating in the joint and a reduced joint mobility.

Some patients may experience a sensation of pressure in the joint for about 24 hours after reinjection.

Please make sure you have not had a Tetanus or Flu injection 14 days prior or during your Orthokine injections.

**Should you experience any of these symptoms,
please call the clinic where you had your procedure or your GP.**