

PRP INJECTION

PRP is commonly used to treat tendon injuries & joint pain from osteoarthritis.

What is PRP?

Platelet-Rich Plasma

- Platelets are the components of your blood that are best known for blood clotting. Platelets also contain hundreds of proteins called growth factors, which are important in the healing of injuries.
- PRP is the product of separation of platelets and plasma from the rest of the blood to create a high concentration of platelets in plasma.

Insurance does not cover the procedures as PRP is not FDA approved & is still considered investigational.

How does PRP work?

- PRP works by concentrating growth factors to facilitate the healing of an injured area.
- Human and animal studies have shown PRP to be safe and have potential to treat soft tissue injuries and symptoms of arthritis.
- However, many of these studies are small & additional research in this area is needed.

PRP is not recommend for patients with:

- Use of blood thinners
- Fever/infection
- Pregnancy
- Blood clot or platelet disorder
- Low platelet count
- Anemia
- Cancer
- Infection on/near injection site

Possible risks include infection, bleeding & nerve damage. Common side effects include pain and/or ache at the injection site, swelling & bruising.

The Procedure

- Stop non-steroidal anti-inflammatory drugs two weeks prior to your procedure. Please continue aspirin or any cardiovascular medication as prescribed by your physician. **Speak with your doctor before stopping any medications.**
- Increase your fluid intake in the 24 hours prior to your procedure.
- After check in, the patient will have between 30-60ml of blood drawn into a special syringe.
- The syringe is then placed into a centrifuge, which will spin and separate the platelets from the rest of the blood. This takes approximately 15 minutes.
- The platelets (PRP) are then drawn into another syringe which will be injected under ultrasound guidance.

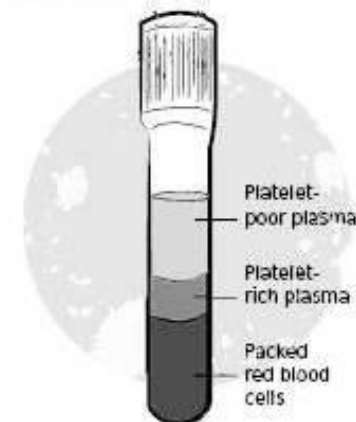
Step 1:
Withdraw 30-60 ml of blood from patient.



Step 2:
Load blood into centrifuge and spin for 15 minutes at 3200 rpm.



Step 3:
Extract 3-6 ml of platelet-rich plasma, which contains 4 to 10 times the concentration of platelets in the whole blood.



Step 4:
Inject injured area with PRP, using ultrasound to guide the needle.



What to Expect:

- The entire process will take approximately 60 minutes. Please plan accordingly.
- There may be some discomfort at the injection site during & following the procedure; a driver for the appointment is advised. This discomfort will subside in 3-5 days.
- Significant use or exercise involving the injected body part is not recommended for one week following the procedure.
- The PRP injection starts working right away, but it may take a month to experience relief in pain.

Call to schedule your PRP Injection
(949) 722-7038