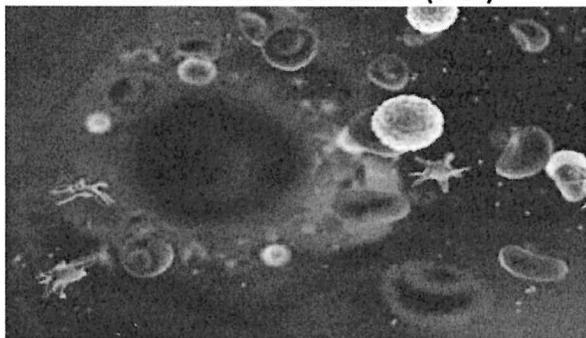


## PLATELET RICH PLASMA (PRP)



### What is PRP?

Platelet Rich Plasma (PRP) is concentrated from your own blood which contains healing factors and growth factors that are vital for tissue regeneration and repair. Platelets have been scientifically proven to be a reservoir of these vital healing components. With advanced techniques, we can isolate and concentrate these platelets in a simple outpatient setting.

### Who might benefit from PRP therapy?

You should consider PRP if you were diagnosed with or have any of the following:

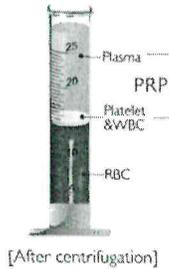
Osteoarthritis	Any Joint pain
	Tendonitis
Tennis elbow	Golfer's elbow
Achilles tendonitis	Sprains
Rotator cuff tear	Plantar fasciitis
Hair loss	Wrinkles

### What are the benefits of PRP?

PRP helps in the repair and healing of the affected area. This in turn results into improvement in pain and other symptoms, mobility, activity of daily living and function.

### How is the procedure done?

PRP procedure is office based, 25 ml of blood is drawn into a special tube. The tube then processes to separate and concentrate the platelet from red blood cells. A total volume of 4-7 cc of PRP is collected into syringe. The PRP is then injected into the affected site under ultrasound or fluoroscopy guidance depending on the area injected.



**How long does the procedure take?**

The entire process takes approximately 20- 30 minutes.

**What are the side effects or complications?**

Pain and/or ache in the injection site, swelling, bruising, worsening of pain in the first 24-72 hours. Rare risks include, infection, bleeding and nerve damage.

**Who should NOT get PRP therapy?**

You should not get PRP if you have any of the following:

- |                         |                             |
|-------------------------|-----------------------------|
| Low blood pressure      | Fever                       |
| On blood thinners       | Platelet/bleeding disorders |
| Pregnancy               | Active infection            |
| Later stage of dialysis |                             |

**How do I prepare for the injection?**

- No steroids for *3 days* prior to procedure and *2 weeks after*
- No NSAIDs (Aspirin, Ibuprofen, Naproxen, Celebrex) *3 days* prior to procedure and *2 weeks after*
- No anticoagulation (Coumadin, Pradaxa, Xarelto, ELiquis) five days prior to procedure.
- Increase fluid intake and eat low fat food 24 hours prior to the procedure.

**What are the instructions to follow after the procedure?**

- You must be particularly careful not to traumatize the area during the first week after the procedure.
- Initially the procedure may cause some localized soreness and discomfort. You can apply ice and elevate the extremity as needed.
- Try to immobilize the area the first 24-48 hours then use it as tolerated. Movement and massages promote circulation in the area, which assist with healing.
- After a week, you should begin *stemwaver* on the affected area.
- Only take the pain medication that are prescribed for after the procedure. ~~Do~~ not take any NSAIDs (Ibuprofen, naproxen, diclofenac) or steroids.

**When can I expect relief?**

PRP injection does not provide immediate relief; instead, it sets in motion a repair mechanism that does take 4 weeks to 6 months.

**What are the long-term effects of PRP?**

Patients can expect to see significant improvement in symptoms over the course of healing time. This procedure may eliminate the need for further invasive surgeries or prolonged use of medications. While other treatments such as corticosteroid injections may provide temporary relief and stop inflammation, PRP injections stimulate healing of the injury over a shorter time period with less side effects. Patients usually report a gradual improvement in symptoms and return of function.

**How soon can I go back to regular physical activity?**

It is recommended to rest for 48 hours, and to minimize the use of the injected site for one week after the injection. However, most patients are able to return to usual activities with NO down time.

**Will more than one Injection be required?**

Depending on the severity of the problem, many patients require two to three treatments to obtain optimal results and may even experience a dramatic return of function and relief within 2-3 months.

If you have any further questions please don't hesitate to ask your provider.

