

PLATELET RICH PLASMA (PRP)

ABOUT PLATELET RICH PLASMA (PRP)

- PRP is a natural way to harness your own blood components for healing. PRP is a concentrated blood product consisting of platelets, plasma (the liquid portion of the blood) and white blood cells (leukocytes). Concentrated platelets and leukocytes release growth factors to promote regeneration and accelerate healing of your injured or damaged tissue.
- PRP injections are done initially by drawing blood from your arm (similar to a having blood drawn at a lab). The blood is collected and spun in a centrifuge to allow for separation of blood components. The plasma, concentrated platelets and leukocytes are isolated and the PRP is then injected (under ultrasound guidance) into your injured or damaged joint, tendon, or ligament.
- PRP can be used for degenerative joints including osteoarthritis, meniscal tears and labral tears, as well as for soft tissue injuries (tendon and/or ligament) including rotator cuff tears, partial tendon tears, and tendonitis.

EXPECTED BENEFITS

- PRP has the potential for decreased pain and improved function at the site of injection. Benefits are typically observed within 1-2 months though maximal results may occur well beyond this time frame
- PRP may promote a return to desired activities and a reduced need for alternative pain management

POTENTIAL RISKS AND/OR SIDE EFFECTS

- It is possible to have localized pain during and/or following your PRP injection (this typically resolves within a few days but occasionally can last longer)
- Mild discomfort, bleeding or bruising at the site of your blood draw
- Unsuccessful reduction of symptoms

ADDITIONAL PRP INFORMATION

- PRP generates an inflammatory response to stimulate healing of damaged tissue. Non-Steroidal Anti-Inflammatories (NSAIDs) counteract this response and should be avoided for 1-2 weeks prior to and 1-2 weeks following your injection. Corticosteroid injections at the affected site should be avoided for up to 2 months prior.
- Post injection pain is optimally managed with icing and/or Acetaminophen (Tylenol) if required
- It is recommended you arrive for your injection well hydrated and that you have eaten prior.
- You may consider having someone drive you home following your PRP injection, however this is not required
- It is recommended you reduce strenuous activities for 1-2 weeks following your PRP injection. You may gradually re-introduce and progress back to full activities following as able