

PLATELET RICH PLASMA (PRP) GENERAL INFORMATION

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PRP is blood plasma with activated platelets, which are rich in growth factors (concentrations 5-10x greater than usual). Growth factors are important in the healing of injuries.

HOW DOES IT WORK?

Blood is drawn from the patient's arm in a standard procedure. The blood is spun using a centrifuge which separates the platelets from other cells in the blood, increasing their concentration. The platelets and their growth factors are injected into the joint or into the injured tendon or tissue.

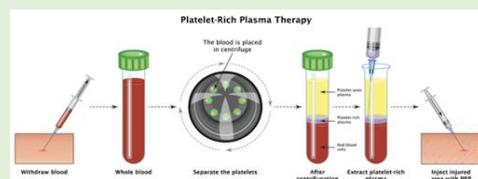
HOW LONG DOES IT TAKE TO WORK?

The injection can take about 6-12 weeks to start taking effect. We recommend limiting activities for 10-14 days after injection to give the platelets the best chance of working.

HOW OFTEN CAN YOU GET A PRP INJECTION?

PRP is usually repeated every 6-12 months although it can also be given more frequently for specific pathologies.

*PRP injections are not covered by insurance and will be an out of pocket cost



PRE-PROCEDURE INSTRUCTION

Avoid the following for at least 1 week prior to procedure

- NSAIDs (ibuprofen, Motrin, Advil, Aleve, Naprosyn, Aspirin)- Tylenol is OK
- Systemic Steroids (Prednisone, Dexamethasone)
- Limit Alcohol and Cigarette use

Please let your MD know if you are on any medication that affects your blood/platelets such as: Warfarin (Coumadin), Prasugrel (Effient), Clopidogrel (Plavix), Ticagrelor (Brilinta)

- These medications will have to be held and permission must be obtained from the prescribing MD

Hydrate well the day before and the day of the procedure for ease of blood draw

ARTHREX ANGEL PRP

- Greater precision and flexibility in formulation
- Higher potential platelet concentration (~18x baseline)
- Closed sterile system to reduce operator variability and contamination risk
- Higher cost with evidence of better outcomes

POST-PROCEDURE INSTRUCTION

Avoid the following for at least 1 week after to procedure

- NSAIDs (ibuprofen, Motrin, Advil, Aleve, Naprosyn, Aspirin)- Tylenol is OK
- Systemic Steroids (Prednisone, Dexamethasone)
- Limit Alcohol and Cigarette use

Avoid aggressive/high impact physical activity with the affected area for 2-4 weeks

Injection site soreness for 24-48 hours after the procedure, you may take Tylenol 1000mg up to three times a day

You may shower but do not soak the affected area in a bathtub, pool, or spa for 48 hours

Try to avoid ice for 72 hours after injection, use heat if soreness persists

PLEASE NOTE: PRP injections promote a healing process in the affected area, and due to this, the results are not immediate. You can expect to feel improvement about 2-6 weeks after your injection

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