

Platelet-Rich Plasma (PRP)

OVERVIEW:

Blood is primarily composed of a liquid called plasma, which carries red blood cells, white blood cells, and platelets. While platelets are best known for their role in blood clotting, they also contain powerful proteins known as *growth factors*, which are essential for the body's natural healing processes.

Platelet-Rich Plasma (PRP) is a concentrated form of plasma that contains a significantly higher number of platelets than typically found in blood. This concentration is achieved through a process called centrifugation, which separates and concentrates the platelets to enhance their healing potential.

PRP PROCESS:

The PRP process involves three steps:

1. Blood Collection – A small sample of your blood is drawn in the clinic;
2. Centrifugation – A small blood sample is placed in a centrifuge, which spins at high speed to separate the platelets from other components; and
3. Injection – The concentrated platelets and growth factors are then carefully injected into the affected area to support your body's natural healing response.

POTENTIAL SIDE EFFECTS:

The possible side effects and complications of PRP may include, but are not limited to:

- Light-headedness or dizziness from the blood draw;
- Pain or discomfort at the injection site(s);
- Bleeding, bruising, tissue damage, nerve injuries, and/or infection - as with any type of injection.

PREPARATION:

To ensure the best possible outcome from your PRP procedure, please follow these instructions:

- Inform us of any recent changes in your medications (i.e. blood thinners), allergies, or general health condition;
- Please discontinue taking any Non-Steroid Anti-Inflammatory Drugs (NSAIDs) such as Advil, Aleve, aspirin, ibuprofen, Mobic, Motrin, Naproxen, Voltaren, **2 weeks prior to your PRP procedure**, unless otherwise instructed by your provider;
- You may take acetaminophen (Tylenol) before your PRP if needed, as directed;
- On the day of your PRP procedure, please stay well hydrated by drinking plenty of fluids, have a light meal or snack beforehand; and
- Wear comfortable clothing to your appointment.

AFTER-CARE INSTRUCTIONS:

To support healing, we recommend the following guidelines following your PRP procedure:

- You may drive yourself home after your procedure IF you feel comfortable;
- Keep the injection site clean and dry with a band-aid for 12 hours;
- You may apply ice to the injection site for 20 minutes at a time, 3-4 times per day, for the first couple of days to help with any injection site pain or discomfort;
- Call the office IF you develop increasing redness, swelling or drainage from your injection site. (Some localized swelling and bruising at the injection site is typical, which can take up to 1 week to resolve);
- You can shower at any time; however, avoid swimming pools/hot tubs for 48 hours;
- Avoid rigorous activities for 48 hours. Please ask your doctor about any particular activity or sport you would like to resume, and we will discuss an expected timeline with you for resuming;
- Please do not resume taking any Non-Steroid Anti-Inflammatory Drugs (NSAIDs) such as Advil, Aleve, aspirin, ibuprofen, Mobic, Motrin, Naproxen, Voltaren, **for 2 weeks after your PRP procedure**, unless otherwise instructed by your provider;
- You may take acetaminophen (Tylenol) after your PRP if needed, as directed; and
- Be patient with your progress; PRP does not provide immediate relief. It may take several weeks to take effect.

