



Platelet Rich Plasma Therapy

Procedure Guide

PRP or Platelet Rich Plasma: Plasma is the part of your blood which has your growth factors and repair cells. We use a centrifuge to concentrate the plasma by removing the red and white blood cells. Although still considered experimental, research studies show PRP can improve tendon, ligament, meniscus and cartilage injuries. Side effects are minimal since we are using your own blood. This treatment option is not for everyone. For the right patient, this injection provides a non-surgical treatment option for pain relief and return to sport.

Pre-injection Guidelines

- No cortisone injections for 6 weeks prior to procedure
- No NSAIDs (ibuprofen, naproxen, Voltaren, Mobic, Aleve, Motrin) for seven days before the procedure
- No anticoagulation or blood thinners for seven days before the procedure (discuss with prescribing physician)
- Hydrate. Increase fluids for 24 hours before the procedure

Day of Procedure

- Please let us know if you have a fever or feel sick
- Fill out questionnaire so we can monitor your progress
- We will draw blood like a regular lab test
- You may want to have someone drive you home
- We will identify the correct area for treatment using ultrasound guidance



Complications

- No increased risk of allergies or side-effects
- The injections may be more painful than you expect. We will give you medication to help.
- Otherwise same complications as from a blood draw are possible

Protocol

First 2-3 days

- Complete rest. No physical activity recommended.
- You may be given a brace to wear or crutches.
- You may need pain medication.
- Do not take NSAIDs (anti-inflammatory medications) for four weeks

Weeks 1-2

- Minimal activity. No athletic activity. Can start physical therapy

Weeks 2-6

- Progress with physical therapy. Can resume non-impact activities

Weeks 6-8

- Transition back to high level sport or activity as tolerated