

Platelet Rich Plasma

Is this Regenerative Medicine Option for You?

What is it?

Plate rich plasma (PRP) is a concentrated injection from one's own blood. It includes a high concentration of platelets – the primary cell-like structures that serve as “first responders” to an area of injury – along with the growth factors and cell-attracting molecules that **promote a cascade of inflammation and healing** of an injured area.

Am I a candidate?

Those that have had **ongoing pain and discomfort due to conditions** such as plantar fasciitis, tendinitis, tendinosis, muscle injuries, arthritis, and more could be candidates. If you've tried lots of conservative care (e.g. immobilization, activity changes, stretching, orthotics, shoe changes, oral and topical medications), you may be a candidate. While corticosteroid injections are popular and effective for musculoskeletal ailments, some individuals may seek a PRP injection instead.

Does it work?

Yes. It's proven to be effective for musculoskeletal conditions – with a few lower extremity ones! Studies on plantar fasciitis suggest that PRP injections are just as effective as steroid injections but provide more long-term relief (> 6 months). Research also supports PRP for treatment of the symptoms of ankle arthritis. Please keep in mind that some conditions are more amenable to this therapy than others.

Is it safe?

Yes! Given that your own blood is used, there is no concern for allergic reaction. While repetitive infiltration of steroid can increase the risk of tendon/ligament tear, PRP does not.

What is the process of getting a PRP injection?

If you are scheduled for a PRP injection, you will be asked to do the following:

1 Week Prior	<input type="checkbox"/> Do not take anti-inflammatory medications 1 week prior through 4 weeks after procedure
Day Before	<input type="checkbox"/> Hydrate well as you will have blood drawn for the procedure
Day Of	<input type="checkbox"/> Eat a light meal before your appointment
	<input type="checkbox"/> Present for your appointment, have blood drawn, and return to the waiting room
	<input type="checkbox"/> Your injection is spun down in the centrifuge (takes about 20 minutes)
	<input type="checkbox"/> You receive your injection
Weeks After	<input type="checkbox"/> That evening, you should rest, elevate – do not ice the area! Let the inflammation work!
	<input type="checkbox"/> Refrain from increased physical activity for the first week after the procedure
	<input type="checkbox"/> Take acetaminophen as needed for pain afterwards – NO NSAIDs (e.g. ibuprofen, naproxen, meloxicam, diclofenac)
1 Month After	<input type="checkbox"/> Continue with the conservative care that your doctor has prescribed
	<input type="checkbox"/> Return for follow up to evaluate effect(s) of your PRP injection

Is PRP covered by insurance?

Unfortunately, no. There is an out-of-pocket cost of \$500 that is due at the time of the appointment.

I'm interested. How can I schedule?

Currently, the procedure is performed on two days per month in the clinic. Please discuss with your surgeon and let him or her know you'd like to proceed. Your surgeon will ensure it is a good option for you and our check-out team will provide you with the next date for the procedure.

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