Patient Information: Platelet Rich Plasma (PRP) Injections

What is Platelet Rich Plasma (PRP)?

Platelet Rich Plasma (PRP) therapy is a medical treatment that utilizes components of your own blood to promote healing and tissue regeneration. PRP is derived by drawing a small amount of your blood and processing it to concentrate the platelets, which contain growth factors that aid in healing.

Referral and Consent

This treatment is not available for NHS patients. Patients may be referred by their GP, Physiotherapist or Self refer for treatment. The treatment will be explained to you as below to ensure that you understand the benefits and risks.

What conditions is PrP used to treat?

PrP injections can reduce pain and improve function in patients with osteoarthritis, particularly in the knee, hip and larger joints. PrP is often used to treat tendonitis or tendonopathy in the elbow, shoulder and ankle.

How Does PRP Work?

1. Blood Collection: A small amount of blood is drawn from your arm.
2. Centrifugation: The blood is placed in a centrifuge, which spins at high speeds to separate the platelets from other blood components.
3. Injection: The concentrated PRP is then injected into the area requiring treatment. The growth factors in the PRP stimulate healing and tissue repair.

Benefits of PRP Injections:

- Natural Healing: Uses your body's own healing mechanisms.
- Minimally Invasive: Non-surgical procedure with minimal downtime.
- Reduced Pain and Inflammation: Can help alleviate pain and inflammation associated with conditions like arthritis or tendon injuries.
- Accelerated Recovery: May speed up recovery from injuries or surgeries.

Risks and Considerations:

While PRP injections are generally considered safe, there are potential risks, including:

- Infection: As with any injection, there is a slight risk of infection.
- Bleeding: Some bleeding or bruising may occur at the injection site.
- Nerve Damage: Rarely, the injection may cause nerve injury.
- Inadequate Results: Not all patients may experience the desired improvement.

Post-Procedure Instructions:

1. Rest: Avoid strenuous activities for 24-48 hours following the injection.

2. Ice Application: Apply ice to the injection site to reduce swelling and discomfort.
3. Pain Management: Over-the-counter pain relievers like acetaminophen can be used; avoid NSAIDs for the first 48 hours as they may interfere with healing.
4. Avoid Direct Sunlight: Keep the injection site protected from direct sunlight to prevent irritation.
5. Follow-Up: Schedule a follow-up appointment to assess the results and determine if further treatment is needed.

When to Contact Us:
- If you experience significant swelling, redness, or warmth at the injection site.
- If you develop a fever or notice unusual symptoms.
- If your pain worsens instead of improving.