



# PLATELET RICH PLASMA (PRP) INJECTIONS AT CDI



## ABOUT THE PROCEDURE

Platelet Rich Plasma (PRP) injections utilize your own concentrated blood platelets to promote healing. When injected directly into an injury site, PRP can lead to a more rapid, efficient and thorough restoration of the tissue to a healthy state by stimulating the body's natural healing response.

PRP injections can be effective throughout the musculoskeletal system, including shoulders, elbows, wrists, hands, hips/pelvis, knees, ankles and feet, for a variety of injuries that include:

- Tendinosis/tendonitis
- Acute and chronic muscle strains and tears
- Ligament sprains
- Osteoarthritis
- Disc degeneration
- Fracture healing in special circumstances



## HOW DOES IT WORK?

A small amount of blood is taken from your arm. The blood is placed into a centrifuge to separate red blood cells and other components from the platelets to produce PRP. Using imaging guidance to monitor the position of the needle within the injured tissue, the radiologist injects the PRP.

Immediately following the injection, the PRP releases cellular growth factors that trigger the body's healing response. You may experience inflammation and soreness as the body's healing process begins. In fact, there may be no symptom relief for a period of 2 to 8 weeks. You will want to treat the injected area with care, like you would with a new injury. Depending on the area that is injured, crutches or a sling may be recommended to minimize the use of the area as healing begins.

In the months that follow, inflammation and pain will decrease and new tissue will begin to develop. As this tissue matures, it causes repair and strengthening of the tendons, ligaments, discs or joints. Pain and inflammation will decrease as this occurs.

Frequently, chronic injuries require more than one injection. Depending on the severity and duration of the injury, an additional PRP injection may be suggested.

## WHAT TO EXPECT FROM YOUR PROCEDURE

- The entire process takes approximately 60 minutes to collect, concentrate and inject PRP into an injury site.
- You will need someone to drive you home following the procedure.
- You may experience an “achy” soreness at the site of the injury in the hours and days following the injection. The effect can last for several days, gradually decreasing as healing and tissue repair occurs.
- Avoid taking anti-inflammatory medications, such as ibuprofen, Naproxen and aspirin, for 2 weeks prior to the procedure and 3 months post procedure. These medications block the intended healing response facilitated by the post-injection inflammation.
- Do not take any oral or injected steroids for 8 weeks prior to and 3 months post injection.
- Avoid icing the treated area for 2 weeks.
- If you have an active infection and are taking antibiotics, the procedure should be postponed until the infection is treated.
- To maximize the healing process, no strenuous activity is advised for 2 weeks following your procedure. Activity may be increased as tolerated.
- Following this period of rest, you may resume normal day-to-day activities and light exercise.
- A physical therapy program will enhance the success of the treatment.
- Most patients begin noticing improvement 4 to 8 weeks following the procedure. Increased stability and strength are typically reported along with a decrease in pain.
- You will need to schedule a follow-up appointment 8 weeks after your procedure. We will continue to check in with you at regular intervals for the next 12 months to evaluate your response to therapy.
- Payment for your procedure is due in full at the time of service. Regenerative Medicine procedures are not covered by insurance and do not count toward your deductible. Some health savings accounts and health reimbursements accounts may cover the cost of the procedures – check with your HSA or HRA administrator to learn more about your specific plan allowances.

### *Are PRP Injections Safe?*

Research and clinical data show that PRP injections are extremely safe, with minimal risk for any adverse reaction or complication. Because PRP is produced from your own blood, there is no concern for rejection or disease transmission. There is a small risk of infection from any injection into the body, but this is rare.