



PRP INJECTION INFORMATION

- PRP, which is short for platelet rich plasma, is a concentration of platelets and growth factors created from a small amount of your own blood. Injecting these growth factors into damaged tendons have the potential to increase healing cells and thus improve tendon healing.
- Your health care provider will draw blood from your arm using a small needle and a specifically designed syringe. The blood then goes through a centrifuge, which separates and concentrates the platelets and other beneficial growth factors from your blood. This concentrated fluid is PRP. The PRP is then injected directly into the site of your injury to enhance your body's normal healing process. The entire PRP process is usually done in about 30 minutes.
- Please come very well hydrated to your PRP appointment. If you are not well hydrated then you risk not getting enough PRP to inject and/or having a difficult time with the blood draw.
- Stop all NSAIDs (Ibuprofen, Aleve, Advil, Naproxen etc..) 1 week prior to injection and do not take for 2 weeks after the injection.
- PRP uses your body's own natural properties to treat your injury so side effects are uncommon outside of increased soreness at the site of injection for 3-5 days.
- PRP works by healing tissues rather than masking symptoms. It can take days to weeks to notice the first changes with continued improvement for several months after PRP injections.
- The number of injections varies on the specific place of PRP injection but a typical treatment consists of 1-3 injections spaced 2-4 weeks apart.
- PRP injections have been around for many years; however, Insurance companies still deny coverage of PRP. The out of pocket cost per injection is approximately \$650.