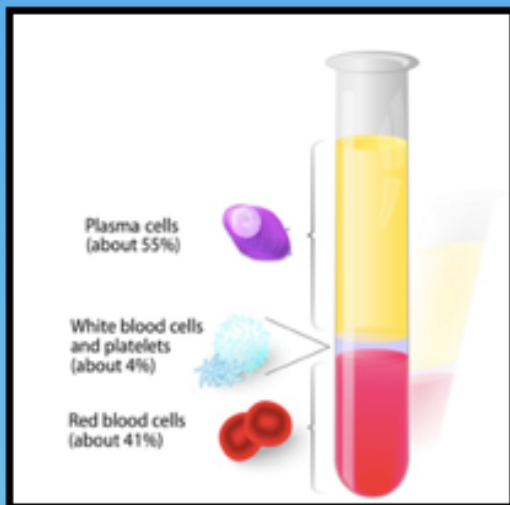


WHAT IS PRP?

Platelet rich plasma (PRP) is blood plasma with concentrated platelets. The concentrated platelets contain growth factors that are important in initiating and accelerating tissue repair, regeneration and growth. These bioactive proteins initiate connective tissue healing and repair, promote development of new blood vessels, and stimulate the healing process.



WHAT ARE THE ALTERNATIVES?

Surgery

Anti-inflammatory drug therapy

Steroid injections

Physiotherapy (In conjunction with other therapies)

If you require further information about risks or complications, please discuss with the doctors in clinic or on admission.



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PLATELET RICH PLASMA (PRP)



This pamphlet contains the following information:

General Background Information

What to expect

Preparation

Side Effects & Complications



HOW DOES PRP THERAPY WORK?

Blood will be taken from you and then placed in a machine that spins at high speed to separate the different types of blood cells. The physician will extract the platelet rich part of the blood, mix it with local anaesthetic and inject this into the area of your injury. The entire process takes about one hour. PRP increases the concentration of platelets and growth factors at the site of injury by up to 500% (you will have five times the normal number of platelets/ growth factors). By having a PRP injection, we aim to stimulate your body's ability to heal chronic conditions.

HOW LONG WILL THE PROCEDURE TAKE?

The procedure usually takes about 1-2 hours. Most of this time is separating the platelet-rich plasma from your blood sample.



WHAT ARE THE POTENTIAL BENEFITS OF TREATMENT?

The main benefit is that patients can see a significant improvement in symptoms. This treatment may eliminate the need for more aggressive treatments such as long term medication or surgery, as well as a remarkable return of function and a much shorter recovery time.

A major advantage of this treatment is that no foreign substance is used – we use the your own growth factors from your own blood - so there is no risk of any disease transmission. Typically an improvement is seen after 2nd or 3rd treatment.

WHAT ARE THE POSSIBLE RISKS OR COMPLICATIONS OF THIS PROCEDURE?

As with all surgery there is a risk of some complications. These are rare, but you should be aware of them before your operation. They include:

- ❖ Infection at the site of the injection.
- ❖ An increase in inflammation and pain at the site of the injection. This typically lasts 2-3 days on average.
- ❖ Bleeding and/or bruising.
- ❖ No relief or worsening of symptoms.
- ❖ Allergic reaction to the local anaesthetic drug.
- ❖ Failure to achieve successful result.
- ❖ Injury to the nerves or blood vessels.
- ❖ Prolonged stiffness and or pain.

WHAT WILL HAPPEN AFTER I AM DISCHARGED?

- ❖ Pain – A local anaesthetic is used during the procedure which means that immediately after the procedure the injected site may feel numb. This may last a few hours. After this the injected site may well be sore for a period of 24 to 48 hours. You can take simple painkillers such as Tylenol following the dosage instructions on the packaging. You should not take anti-inflammatory medications such as aspirin, ibuprofen (Advil), or naproxen (Aleve) for up to a week before and for up to 4 weeks after the procedure.
- ❖ Activity and exercise – Light activity for the first three days after the procedure and gradually resume normal activity after a week.
- ❖ Work – You may return as soon as you feel able - usually within a few days after the procedure. If your job involves manual work, stay off work for about a week. If you require a sickness certificate for your employer, please ask the staff before you are discharged.
- ❖ Driving – You may resume driving when you feel comfortable.
- ❖ Follow up appointment - You will receive a follow-up appointment for around four weeks after the procedure. At this stage you will be reviewed by the specialist who will check your progress. PRP is usually given over 3 sessions spaces 2-4 weeks apart.