



Platelet Rich Plasma (PRP) Injections

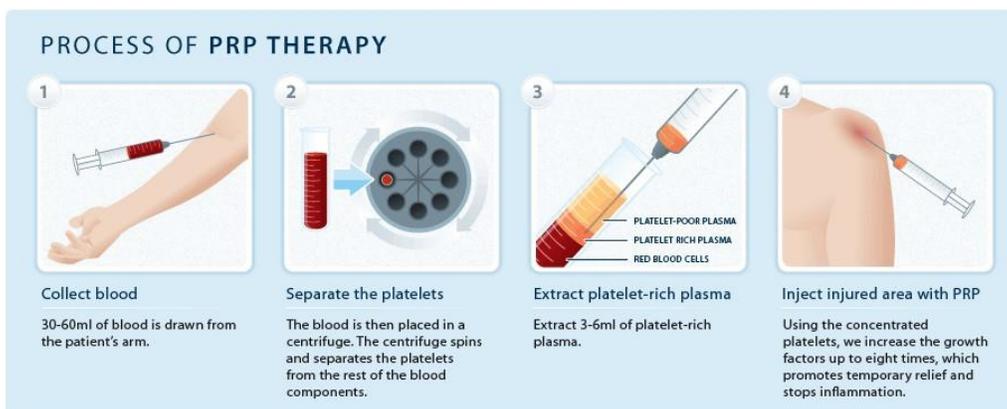
Platelet-Rich Plasma, or PRP, is produced from your own blood. The platelets are the cells in our body that contain growth factors, which stimulate the normal wound healing process, e.g. the same way that your skin heals after a scrape. With PRP, you create a supra-therapeutic level of your own platelets (5-7 x more platelets than normal blood) so that you heighten the healing of a chronically injured tissue. All PRP injections are done under ultrasound guidance to confirm placement of the PRP in the correct tissue.

Is PRP indicated for me?

PRP therapy is indicated for injuries that have failed to heal despite traditional treatment options. It can be performed in any musculoskeletal structure, including muscles, tendons, joints and ligaments all over the body. Some examples include: partial tendon tears, muscle strains, ligament sprains/partial tears, articular cartilage injury, and chronic tendon injuries.

How is PRP made?

To prepare PRP, blood is taken from your arm similar to a normal blood test. Your blood is then placed in a special centrifugation machine that separates the platelets from the blood in order to be extracted in a concentrated form called PRP, thus it is called Platelet ***Rich*** Plasma. The entire PRP treatment takes about 45 minutes.



How many treatments are necessary?

This is determined on an individual basis depending on your diagnosis and the severity of your condition. Some patients achieve successful outcomes with only one injection. In the majority of cases, a series of 2-3 injections is required to achieve significant results. Each injection is spaced several weeks apart. There is no limit to the number of treatments you can have; however, literature has shown that about 15% of patients do not see improvement with more than three injections and should consider other treatments.

Are there any side effects?

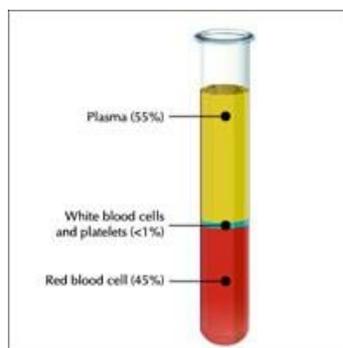
Since your own blood is used, there is no risk for transmitted blood---infections. PRP has a strong antibacterial effect so risk of local infection is minimal. It is normal to have increased soreness or pain after the procedure for an average of three days which can typically be controlled with ice and Tylenol. We ask you to avoid Anti-inflammatory medication (e.g. Advil, Aleve, Ibuprofen, Motrin, Naproxen) for at least 7 days after the procedure.

Will my insurance pay for this treatment?

Although PRP treatment has been around for more than a decade, unfortunately most insurance companies still consider it “experimental” and have not incorporated it to their list of approved procedures and do not consider this to be a reimbursable expense. In short, most insurance companies will not pay for PRP. The cost of the procedure is \$525 and covers the 2 injections usually needed for symptom resolution.

What are the potential benefits of PRP?

PRP stimulates healing of the injured tissue by activating your body’s natural healing capacity. Patients, on average, report more than 50% improvement in 6 weeks and up to 100% improvement in 8-12 weeks. This may eliminate the need for more aggressive and expensive treatment options such as long-term medication or surgery. In addition, PRP Therapy is a minimally-invasive procedure that is done in the clinic; therefore, you go home the same day.



Patient Instructions

Pre-Procedure Instructions

1. Stop anti-inflammatory (NSAIDs) medications 5 days prior to procedure (e.g. Ibuprofen, Advil, Aleve, Naproxen, Celebrex, etc.). If you have questions, please call Dr. Beattie at 508-985-4177.
2. In some cases, you may need to stop blood thinners (e.g. Aspirin, Plavix, Coumadin, etc.) 7 days prior to procedure. You should discuss this with your cardiologist or primary doctor and obtain approval. Other daily medications may be taken normally as directed.

Post-Procedure Instructions

1. We recommend having someone drive you home after the procedure if you are having the PRP injection performed on your shoulders or RIGHT lower extremity as post-procedure pain may interfere with your ability to drive.
2. Blood thinners (e.g. Aspirin, Plavix, Coumadin, etc.) May be resumed 24 hours after the procedure.
3. Avoid anti-inflammatory medications for 2 weeks after the procedure (e.g. Ibuprofen, Naproxen, Celebrex, etc.).
4. Increased irritation in the affected area may occur after your PRP injection. This is part of the healing process. Ice the affected area three to four times per day for 15 minutes for the next three days. You may take Extra Strength Tylenol as needed for pain.
5. If you develop fever, persistent redness and swelling at the site of injection, call Dr. Beattie's office at 508-985-4177. These may be a sign of infection.

The most important part of the PRP Therapy is that you follow the Post-procedure instructions in order to optimize the healing of the tissue and decrease the risk of causing further damage. Limit any movement of the treated area for the first three days after the procedure. Avoid lifting or any strenuous activity for the first 5-7 days. If a splint or sling was provided, you should wear it during the first 7 days.