



## PLATELET-RICH PLASMA (PRP) INJECTION

- **Plasma** is the liquid component of your blood. It is a yellowish fluid in which blood cells are suspended, and it makes up more than 50% of your total blood volume.
- **Platelets** are small, round packets of chemicals that are suspended in the blood. Their primary function is to aid in clotting. They also contain growth factors that help with inflammation and the body's natural healing process.
- **Platelet-rich plasma** is obtained by separating the platelets from the red blood cells by spinning whole blood in a centrifuge. The centrifuge increases the concentration of platelets and growth factors up to 500% or more. This concentration is then injected into a damaged tendon/ligament.

### What types of injuries might be helped by this treatment?

- PRP is best for tendon or ligament injuries, such as:
  1. Plantar fasciitis
  2. Iliotibial band syndrome
  3. Hamstring injuries
  4. Tennis elbow
  5. Rotator cuff tears
  6. Bursitis
  7. Neurologic Joints
  8. Spine Targets

### How will this help you?

- When PRP is injected into a damaged area it creates inflammation which, in turn, catalyzes the natural healing process (this may cause increased symptoms for a few weeks following the procedure). Eventually, new collagen develops, shrinks, and results in the overall tightening and strengthening of damaged tendons/ligaments.

- PRP may eliminate the need for more aggressive and expensive treatments, such as surgery and long-term pain medications; also, repeating the PRP procedure poses less risk than repeating traditional corticosteroid injections.

#### **Will your insurance cover the procedure?**

- Some plans do, and some don't. As it is a relatively new procedure that is considered "experimental" by some insurance companies, we recommend you call your insurance plan directly to verify coverage and benefits.

## **PREPARING FOR A PLATELET-RICH PLASMA INJECTION**

### **STEP I:**

One week before your appointment, **stop taking any non-steroidal anti-inflammatory medications (NSAIDs)**; you cannot take NSAIDs for several weeks after the injection as they may inhibit the inflammatory and healing response created by the PRP injection.

Common NSAIDs include:

1. Aspirin
2. Ibuprofen (Motrin, Advil)
3. Naproxen (Aleve)
4. Diclofenac (V oltaren)

### **STEP II:**

**Arrive at your appointment relaxed and confident. Please make sure you are well hydrated so drink lots of fluids and also eat a good meal the day of your appointment.** You may wish to bring a book or magazine as you will need to wait fifteen minutes while the blood is being prepared. If you suffer from an extreme fear of needles or are otherwise anxious about the procedure, you may request sedation. This will need to be administered 30 minutes prior to your appointment. You can call a day ahead of your appointment, and we will provide you with a prescription for Xanax or Valium; or, you can come thirty minutes early on the day of your appointment to receive a form of intravenous sedation. You will need a driver if any sedation is used. There may be an extra charge for sedation.

### **STEP III:**

**Make a physical therapy appointment.** It is recommended that you consult with a physical therapist during the course of your PRP treatment.

### **STEP IV:**

**Rest.** The procedure can cause some soreness and discomfort for about 4 weeks. This is normal and can be treated with extra-strength Tylenol and ice/heat compresses. Stronger pain medications may be prescribed as needed. No anti-inflammatory medicines should be taken for several weeks after the PRP.

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