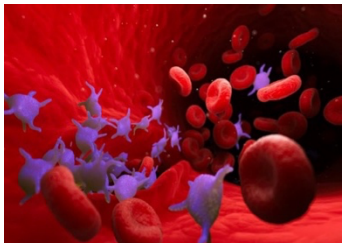
Platelet Rich Plasma

Dr. Jonathan Reid

BACKGROUND



Platelet-Rich Plasma, or PRP, is a type of orthobiologic treatment that is an autologous concentrate of platelets derived from your own blood used as a minimally invasive modality to treat a wide array of musculoskeletal injuries by enhancing the body's own healing capacity at a targeted site.

Platelets are the cells in our body that contain growth factors, which stimulate the normal wound healing process, such as when your skin heals after a cut. During the platelet-rich plasma treatment, supra-therapeutic levels of your own platelets are concentrated through centrifugation and injected directly into the targeted pathology. The activated platelets degranulate and release growth factors and cytokines that stimulate the body's inflammatory response. An inflammatory cascade occurs in the targeted tissue and the body's healing response is triggered.

PROCEDURAL DETAILS

To begin, a routine blood draw is performed. The blood sample is then loaded into a centrifuge that is spun such that the different components of the whole blood are separated. The platelet concentrate is extracted and mixed with platelet activators as it is placed into a syringe. Diseased or injured tissue is identified by musculoskeletal ultrasound, at times cross-referenced with available MRI and plain film x-ray images. Depending on the tissue quality, we may remove scar tissue from the injured site first by performing a percutaneous needle fenestration or debridement prior to delivery of the PRP. All PRP injections are done under musculoskeletal ultrasound guidance to ensure optimal placement of the PRP. Following the procedure, a small bandage is placed over the injection site. Patients are instructed that routine cleaning of the site with soap and water is appropriate on the day of the procedure however the site should not be submerged in water, such as in a bath or lake, for 24 hours.

PRE-PROCEDURE INSTRUCTIONS

Stop all NSAID medications five days prior to the procedure (e.g., Ibuprofen, Naproxen, Celebrex). In some cases, you may need to stop blood thinners (e.g. Aspirin, Plavix, Coumadin, etc.) seven days prior to procedure. You must discuss this with Dr. Reid, as well as your cardiologist or primary doctor and obtain approval. Other daily medications may be taken normally as directed. If you have questions regarding which medications are safe to continue prior to your procedure, please call Rhodora Leverentz, 952-456-7209.

Schedule physical therapy to begin within one week of your PRP treatment. Calling prior to your procedure to schedule physical therapy will ensure availability and appropriate physical therapy timing.

Wear loose fitting clothing with easy access to the site of treatment.

POST-PROCEDURE INSTRUCTIONS

1. We recommend having someone drive you home after the procedure.
2. Blood thinners (e.g. Aspirin, Plavix, Coumadin, etc.) may be resumed 24 hours after the procedure.

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For scheduling or questions, please call **952-456-7209** https://tcomn.com/physicians/jonathan-reid

3. **Avoid NSAID medications for eight 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 3-4 times per day for 15 minutes for the next three days**. You may also take **Tylenol (Acetaminophen)** as directed.
5. If you develop a fever, persistent redness, or swelling at the site of injection, call Dr. Reid's office at 952-456-7209. These may be a sign of infection and require prompt evaluation.
6. Follow-up appointments with Dr. Reid are at the 6-week mark.

FREQUENTLY ASKED QUESTIONS

Are PRP injections covered by insurance?
No, PRP injections are not yet widely covered by insurance and cost $900.00 which is paid prior to undergoing the procedure.

Will I feel any pain during the procedure?
Minimal. PRP injections are performed with local anesthesia to the procedural area and therefore minimal discomfort is felt throughout the procedure.

When should I start physical therapy?
Physical therapy should start one week after a PRP injection and should continue for 8 weeks, attending one session of physical therapy a week, or as directed by Dr. Reid's team.

How long will my recovery take?
On average, patients experience pain relief within 8-12 weeks of treatment, however many feel improvement beginning at the 6-week mark. Individual results may vary, and your physician will guide your post-treatment recovery plan.

When should PRP injections be repeated?
PRP injections can be repeated after 6 months from the initial treatment.

For any questions regarding your procedure please reach out to Rhodora **(952-456-7209)**

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Notes