

## **PLATELET RICH PLASMA (PRP) INJECTIONS**

### **What is PRP?**

PRP is platelet rich plasma. Plasma, platelets, red blood cells, white blood cells are the components of your blood. Platelets circulate the body and are necessary for clotting, however, they also play a key role in the healing process. Injecting a concentrated portion of these healing platelets can speed up the healing process for soft tissue conditions.

### **What is the process of having a PRP injection?**

PRP is created from your own blood. First, a blood sample is obtained in the office on the same day as the procedure. Next, we use a special machine called a centrifuge to separate the platelets from the rest of the cells in blood resulting in a platelet rich plasma. PRP is then injected to the inflamed or injured tissue using ultrasound guidance to ensure precise placement. After the injection, it is normal to have increased pain to the injection site for several days. The beneficial effects of the injection may take days to weeks to observe.

### **Is PRP Treatment Effective?**

Research on PRP is fairly limited related to its effectiveness. There are several factors that contribute to PRP being effective including type of injury (i.e. acute, chronic, post-operative), indication, location on the body, and your overall health. However, because PRP is created from your own blood, it is considered a relatively low-risk treatment with the potential to improve or speed healing.

Common conditions treated with PRP which favor its effectiveness include arthritis, chronic tendon injuries, acute ligament injuries, acute muscle injuries, and post-operatively to reduce healing time.

- Solo meniscal repair surgery is always followed with a series of three PRP injections to promote healing. One injection per week for three weeks, starting at the first post-op appointment.

### **Concerns Involving PRP Treatment**

Because PRP is utilized to optimize the initial inflammatory response of healing, [anti-inflammatory medications](#), such as Ibuprofen/Advil/Motrin, Aleve/Naprosyn, and Mobic/Meloxicam, should be avoided 7-10 days prior to, and 6 weeks after, the PRP treatment. Tylenol/Acetaminophen is okay.

### **Key Points to Remember**

- Platelet Rich Plasma (PRP) comes from your own blood.
- PRP is a concentrated source of factors that play a significant role in the biology of healing.
- Basic science studies show that PRP treatment may improve healing in many tissues.
- Few clinical studies in humans show the effectiveness of PRP treatment.
- Insurances typically do not cover the expense of the procedure. Out of pocket expense is \$1,000.00 per injection and is paid on the day of the procedure.
  - For Meniscal Repair PRP Series Only, 3 injections for reduced rate of \$1,500.00
- Anti-inflammatory medicines should be stopped before and after PRP treatment is given.
- Avoid exercise after the injection for 3-7 days before beginning a rehabilitation exercise program