

Platelet rich plasma (PRP) is a non-toxic, non-immune substance that may accelerate tissue healing. It can be used in patients with muscle, tendon and ligament and joint injuries to stimulate healing and tissue regeneration. Though evidence is accumulating in medical literature that PRP is beneficial, this therapy is currently considered an experimental treatment. It is not approved by the federal drug administration and therefore is not presently covered by medical insurance companies. It is a treatment option when patients have failed months of conservative treatment and wish to avoid surgical intervention.

PRP is produced from your own blood. Platelets are naturally occurring cells in your bloodstream that contain a variety of chemicals and growth factors that promote tissue healing and regeneration. This platelet rich plasma can be delivered to your injured tissues to promote healing.

You should discontinue anti-inflammatory medications, such as ibuprofen naproxen or aspirin (you may continue the 81 MG dose), for 10 days prior to this procedure. The medications should not be used for 10 days after the injection, as they may interfere with the benefits of the procedure.

On the day of your appointment, a sample of your blood will be obtained. The blood will then be processed on site to create the PRP. A small needle will be introduced to the area. Subsequently, either the same needle or a second needle will be used to deliver your prepared PRP directly to your injured tissue. The overall purpose of this procedure is to stimulate tissue healing and regeneration. The entire injection process will take approximately 30–45 minutes.

After your PRP injection, it is common to experience some pain in that area. If this occurs, you can ice the area for 20 minutes every hour as needed in order to reduce the pain. You may also take one to two acetaminophen 500 mg tablet up to four times per day if needed.

It is not uncommon to have increased pain in the region of injection for the first 7-14 days, as the injection stimulates an inflammatory reaction, which is a necessary component of the healing cascade. You may resume routine activities of daily living immediately. However, you may not return to sport until cleared by your physician. Any activity restrictions can be discussed on the day of your appointment. Please understand that PRP requires time and rest in order to work.

If you develop signs or symptoms of infection such as drainage from your injection site, swelling, redness, or fever, call your physician.

If you are scheduled for a PRP injection, you must arrive 15 minutes prior to your appointment to complete paperwork and for a member of our staff to prepare you for the injection.

It is always recommended before any injection and blood draw that you are hydrated and in good health. Any recent fevers or sickness should be told to one of our medical assistants.

Platelet rich plasma therapy is not covered by any health insurance and payment must be made at the time of the visit. The self payment fee is \$850. You may pay via personal check or credit card.

If you have further questions or concerns, please call our office at 781–251–3535.

## **PRP takes time to work**

First 2 days- Relative rest, no heavy lifting ; normal daily activities. Tylenol and ice.

2 days – 2 weeks: Daily stretching; daily activities as tolerated; no sports; no heavy lifting.

2 weeks- 6 weeks: resume eccentric strength training on your own or with your Physical Therapist (if preferred). Increase recreational activity as tolerated. Discuss sports- specific reintroduction with your physician.

6 weeks- Follow up appointment.

6 weeks – 3 months: Activity as tolerated . Use of tissue is encouraged to promote healing. Continue to advance eccentric strength training . Sport – specific reintroduction.

3 month- Follow up

3-6 months- Advance activity to goals; if not already achieved. Continue eccentric strength training.

6 months: Follow-up appointment

6 months- 12 months- Activity as tolerated

12 months- Follow visit and likely discharge