



**pain consultants**  
OF WEST FLORIDA

## **Platelet-Rich Plasma Procedures**

### **Frequently Asked Questions**

- **What is PRP?**
  - PRP stands for Platelet-Rich Plasma. This is an injection of concentrated platelets obtained from your blood just prior to the injection. Platelets are cells in the blood that contain large amounts of growth factors; when injected the platelets release these growth factors into the area. Growth factors stimulate your body's own natural healing through regeneration of tissue. Healing cells, including stem cells, are activated by these growth factors. Circulation to the area is increased and new blood vessels are formed to carry even more blood flow. Inflammation is modulated; meaning the painful component of inflammation is decreased while the healing component of inflammation is increased.
- **How many times do I need to have this procedure done?**
  - Most people have improvement after two injections but not after only one. Therefore we recommend starting with two injections about 4 weeks apart. A third may be necessary to reach optimal benefit.
- **What should I expect on my injection day?**
  - Prior to the injection a nurse will draw between 60 and 120cc's of your blood. Your experience of this will be similar to a blood draw for labs. You will then be waiting while the blood is spun down in a centrifuge to extract the platelet-rich plasma. Once this is complete, you will be brought to the procedure area where your doctor will use either ultrasound or fluoroscopy (x-ray) guidance to inject the PRP into the problem area. First the area is evaluated using either the ultrasound or the fluoroscopy, then the area is cleaned and the injection site is numbed using local anesthetic. The time for the actual injection will vary depending on the problem area, but usually takes only a few minutes. Very specific tissues are targeted to ensure the best possible outcome from your procedure.

- Do I need a driver to bring me to and from the procedure?
  - No, you do not need a driver and should be able to drive yourself home.
  - In rare circumstances your doctor may offer to sedate you for this procedure. If you do receive sedation you will need a driver. This will be planned ahead of time.
  
- Do I need to hold any medications?
  - Yes, there are several medications that will interfere with the activation of the platelets (release of growth factors) and therefore need to be held:
  - All NSAIDs – Advil (Ibuprofen), Aleve (Naproxen), Mobic (Meloxicam), Etodolac, Diclofenac, etc.
    - Hold for 5 days before and 5 days after PRP procedures
  - Aspirin – any dose
    - Hold for 7 days before and 7 days after PRP procedures
  - Plavix (Clopidigril), Ticlid (Ticlopidine) and Aggrenox (Dipyridamole)
    - Hold for 7 days before and 7 days after PRP procedures
    - If you are on these medications you will need clearance from the prescribing doctor that it is safe for you to come off of this. Please let us know and we will send a request form on your behalf.
  - All other medications including other blood thinners such as Coumadin and Elliquis can and should be continued.
  
- Are there any activity restrictions?
  - Activity restrictions will depend on what area is being injected and will be discussed with you.
  - After all PRP injections you should expect to feel flared up for a few days. Plan to take it easy during this time. Normal activities of daily living are fine. If you have physical job requirements please discuss this with your doctor.
  - Following tendon injections there will be more rigid restrictions which will limit the use of this tendon for 5-7 days after the procedure.
  
- Is there anything else I need to do prior to the injection?
  - Please drink plenty of water and come to the procedure well hydrated. This will help with the blood draw portion of the procedure.
  
- What is the cost?
  - Currently, PRP is not covered by insurance plans. The cost for the injection is \$700.
  
- How long before I notice improvement and what will my follow-up be?
  - Although some people notice improvement right away, it can take about 3-4 weeks after the 2<sup>nd</sup> injection before you see how much benefit you will get from the PRP.
  - You will have the two injections about 4 weeks apart and then you will see your doctor back in clinic about 4 weeks after the 2<sup>nd</sup> injection. At this point you will decide together whether a 3<sup>rd</sup> will be planned.