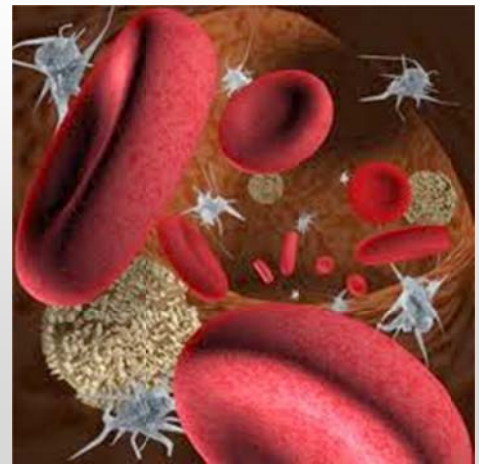


Treating Injuries with Platelet Rich Plasma (PRP)

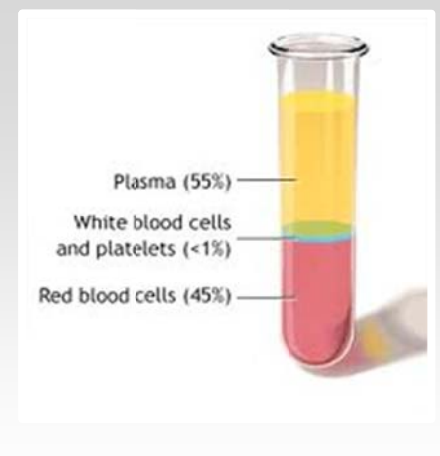
What is Platelet Rich Plasma (PRP)

PRP or Platelet Rich Plasma is the plasma portion of blood containing concentrated platelet cells. Platelets are specialized types of blood cells that initiate tissue healing. When the concentrated platelet solution (PRP) is injected into an injured tissue, it stimulates the tissue healing process. Treatment with PRP can significantly reduce healing time and eliminate the need for medications or surgery, at a fraction of the cost.



Why does PRP work?

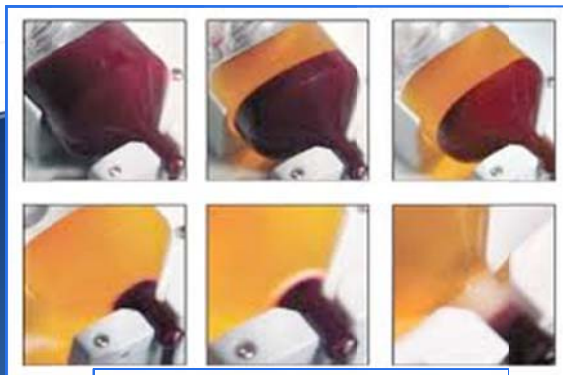
The concentrated platelets found in PRP contain higher volumes of naturally occurring bioactive proteins, including growth factors that are vital to initiate and accelerate tissue repair and regeneration. These bioactive proteins initiate connective tissue healing, bone, tendon and ligament repair and regeneration, promote the development of new blood vessels, and stimulate the wound healing process.



What conditions benefit from PRP?

PRP treatment can be performed in muscles, tendons and ligaments throughout the body. PRP treatments work best for muscle tears, ligament sprains and tears and tendon tears and degeneration that have failed other conservative treatments. Conditions that can best be treated with PRP include:

- Rotator cuff injuries, tendinosis/tears
- Elbow ligament injuries/sprains (UCL)
- Tennis and golfers elbow
- Hamstring and quadriceps muscles tears
- Knee ligament sprains (MCL and LCL)
- Patella tendinitis and partial tears
- Ankle sprains
- Achilles tendonitis
- Calf muscle tears
- Articular cartilage injuries



How is PRP Performed?

In the office, blood is drawn from the patient and placed in a special centrifuge, where the blood is spun down and the different blood components are separated. The platelets are then separated from the red blood cells and are then concentrated. The red blood cells are discarded, and the resulting platelet concentrate is then used for treatment. While the blood is spinning in the centrifuge, the treatment area is anesthetized with local anesthetic. The entire treatment process, from blood draw to PRP injection takes approximately 30 minutes.

How many treatments are necessary?

Most injuries will respond to just one treatment with PRP. However, treatment responses can vary depending on the chronicity of the injury and the tissue and body part being treated. Some individuals may require 1 to 3 PRP treatments. There are no limits to the number of treatments that can be given and there have been no reports risks after multiple treatments.



Are there risks with PRP treatments?

Anytime a needle pierces the skin or is placed into the human body there is a risk of infection, bleeding, pain or nerve injury. However, these risks are very rare. There are minimal to no known inherent risks with PRP treatments. Patients may experience a transient increase in pain after the PRP treatment, which is a normal response and reaction to the treatment and tissue regenerative process.

Will insurance pay for PRP treatments?

Unfortunately, at this time PRP treatments are considered an investigational procedure by most insurance companies and are not reimbursable. We will submit a claim to your insurance company with the appropriate codes for the office visit, blood draw, injection and ultrasound needle guidance.

What is the cost of PRP treatments?

Out of pocket expenses are to cover the cost of the PRP preparation kit and processing of the blood, which are not covered by most insurance companies. All remaining charges associated with the treatment will be submitted to you insurance for reimbursement. Ultimate payment will depend on your individual benefit plan and coverage.

Pre and Post-PRP Treatment Instructions

Prior to PRP Treatment:

1. Stop all **non-steroidal anti-inflammatory** medications (Advil, Motrin, Aleve, Naproxen, Celebrex etc) 2-3 weeks prior to the procedure.
2. Apply ice packs to the painful areas 15 minutes every 2-3 hours as needed for pain.
3. Tylenol for pain as needed.

After PRP Treatment:

1. No non-steroidal anti-inflammatory medications after the procedure until told to resume use by Dr. Podesta.
2. Apply ice packs to the painful areas 15 minutes every 2-3 hours as needed for pain.
3. Tylenol or prescribed pain medications for pain as needed.
4. Range-of-motion exercises as tolerated after the procedure.
5. Increased pain and inflammation is expected in the treated tissue after the procedure.
6. Continue to use any braces, splints or crutches as recommended by Dr. Podesta after the treatment.



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