



Platelet Rich Plasma Injection (PRP)

Patient Information

What is a Platelet Rich Plasma Injection?

The purpose of the procedure is to try to get the healing properties of your platelets to assist in the repair of the injured area. Platelet rich plasma is a compound from your own blood plasma. Platelets contain various growth factors that have been shown, when given in concentrated amounts, to stimulate / exaggerate your body's normal healing response, thus help heal and repair damaged tissue and bone cells. The PRP procedure gives no guarantee of results. It is a trial that has been demonstrated that in most cases will give reduced or full pain relief and injury repair over 3-4 months. A course of 2-3 injections is usually required.

Contraindicated

- Patients with platelet / blood disorders.
- Patients with active cancer having chemo or radiotherapy.
- Acute / chronic infections.
- Pregnant / breast feeding.

Preparation

Prior to procedure:

- You will need to stop taking blood thinning (antiplatelet based medication) for 7 days.
- Cease non-steroidal anti-inflammatory medication for 2 days.
- Cease oral steroids for ten days (Prednisone, Mobic).

Please note you should never cease medication without first discussing with your local doctor.

- You should not have the procedure within 6 weeks of having a steroid injection at the site of the procedure.
- You should limit coffee, caffeine, alcohol, fatty food & fish oil supplements for 2 days prior to procedure.
- You should try to drink extra water for a day or two prior to the procedure as we require you to be well hydrated.

The Procedure

- The procedure takes approx. 30 minutes.
- The nurse will take 30mls of blood from a vein in your arm. The blood is placed in a centrifuge to be spun for 5 minutes. The spinning of the blood separates the plasma and platelets from the rest of the blood. It is the concentrated platelets that have the healing properties, so it is only the platelets in a small amount of plasma that is to be injected at the injured site.
- The interventional radiologist will wash the area with cold antiseptic. Local anaesthetic may be injected to numb the skin. Under ultrasound or CT guidance a needle will be inserted into the area and the concentrated platelets will be injected. Needle removed and dressing applied.

Post procedure

- It is advisable to have a driver to take you home after your injection.
- You may recommence your Aspirin based blood thinning medication 48 hours after the procedure.
- You may recommence your steroids and anti-inflammatory medication 10 days post procedure.
- As the aim of the procedure is to stimulate your bodies healing response by giving you a concentrated platelet solution, it will increase the inflammatory (healing) response thus you will probably experience a flare up of your symptoms.
- For three to four days post injection, you may find the site painful, swollen and hot to touch.
- The limb should be elevated as much as possible. Minimal exercise over the first two days post procedure, progressing gradually over the next three days to be back to normal by day seven post procedure. If pain relief required, take Panadol or Codeine. Icepacks are contra-indicated as they can minimise the inflammatory process.

Possible risks and complications

It is rare to have complications post procedure, but they would include:

- Infection.
- Bleeding.

It is important that you bring with you

- The referral from your doctor.
- Your previous imaging of the area to be injected.
- Someone to drive you home if required.