

What is PRP?

PRP stands for Platelet Rich Plasma, a concentration of platelets and growth factors concentrated from your own blood.

Platelets are small, colorless, cell fragments present in the blood. They form in the bone marrow and are freely passing through the bloodstream in a resting state. When an injury occurs, the platelets become active and start to gather at the injury site to release beneficial proteins called *growth factors*. Platelets play an important role in the regeneration process of healing by releasing growth factors, minimizing joint inflammation, and regenerating healthy tissue.

PRP is created by obtaining a small volume of your blood and processing it through a centrifuge, which will rapidly spin the blood, separating and concentrating the platelets and other beneficial growth factors from the blood. The platelet rich plasma is then injected in and around the area of injury. The concentration of platelets in PRP allows your body to recognize the injury as a priority and accelerates the healing process.

PRP is indicated for those injuries that have failed to heal despite traditional treatment options. It can be performed in any musculoskeletal structure, including muscles, tendons, joints and ligaments all over the body. Some examples include mild to moderate osteoarthritis, partial tendon tears, muscle strains, ligament sprains/partial tears, articular cartilage injury, and chronic tendon injuries.

How do I know PRP is right for me?

Your provider will review your case with you and determine the most appropriate treatment plan and options.

Is PRP covered by my insurance?

The office staff will attempt to obtain authorization from your insurance company prior to scheduling your procedure. PRP injections are still considered experimental/investigational by most insurance companies and are not covered. If your insurance company denies coverage, our staff will discuss a self-pay option available to you.

What are the risks?

Overall, PRP is an especially safe treatment option with no risk of allergic reaction because it is your own blood. However, anytime a needle is placed in the body, there is a risk of infection, bleeding, and nerve damage. These risks do not happen often and are very rare.

Before the Injection:

Your provider will give you more specific instructions, however most will recommend you stop NSAIDS and Aspirin 1-2 weeks before the procedure. Discuss with your provider specifics regarding blood thinners. Eat and drink plenty of fluids the day of your procedure, it is not a fasting procedure.

After the injection:

You may notice a local reaction, such as pain, warmth, and slight swelling immediately after the shot. Some may experience worsened soreness for a few days after the procedure. Your provider may recommend ice or Tylenol, as needed. If you have worsening pain, fever, swelling, redness that lasts longer than a few days or if you have any other concerns, contact the office at 716-204-3200. Do not submerge the affected body part in water (no pool, hot tub, lake, bath, etc.) for 48 hours. Showering is ok.

Activity Restrictions:

Generally, the more you move, the better you will feel. After your procedure, it is recommended, however, that you refrain from any high-level activities, such as jogging, lifting or prolonged standing for approximately 72 hours. Discuss specifics with your provider with respect to your specific injury and treatment plan.

THESE ARE GENERAL GUIDELINES. YOUR PROVIDER WILL GIVE YOU MORE SPECIFIC INSTRUCTIONS RELEVANT TO YOUR SPECIFIC CASE. PLEASE MAKE SURE ALL YOUR QUESTIONS ARE ANSWERED BEFORE YOU LEAVE OR CONTACT THE OFFICE.