



Mid-America
Orthopedics

Platelet-Rich Plasma **(PRP) THERAPY**

Platelet-Rich Plasma (PRP) is produced from your own blood. The platelets are the cells in our body that contain growth factors, which stimulate the normal wound healing process, e.g. the same way that your skin heals after a scrape. With PRP, you create a supra-therapeutic level of your own platelets (over 500% more platelets than normal blood) so that you heighten the healing of a chronically injured tissue.

What injuries are PRP recommended for?

PRP therapy is indicated for 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: partial tendon tears, muscle strains, ligament sprains/partial tears, articular cartilage injury, and chronic tendon injuries.

How many treatments are necessary?

Most patients achieve successful outcomes with only one injection. In some cases, a series of three injections is required to achieve significant results. Each injection is spaced several weeks apart. There is no limit to the number of treatments you can have; however, literature has shown that about 15% of patients do not see improvement with more than three injections and should consider other treatments.

Are there any side effects?

Since your own blood is used, there is no risk for transmitted blood-infections. PRP has a strong antibacterial effect so risk of local infection is minimal. It is normal to have increased soreness or pain after the procedure for an average of three days. We will offer you a pain medication to help with this.

What are the potential benefits of PRP?

PRP stimulates healing of the injured tissue by activating your body's natural healing capacity. Patients on average report more than 50% improvement in 6 weeks and up to 100% improvement in 12 weeks. This may eliminate the need for more aggressive and expensive treatment options such as long-term medication or surgery. **In addition, PRP Therapy is a minimally-invasive procedure that is done in the clinic; therefore, you go home the same day.**

HOW PRP WORKS:

- ✓ **COLLECT:** Your provider will draw a sample of blood.
- ✓ **CONCENTRATE:** A centrifuge separates and concentrates the cellular components of the blood. The resulting product is a highly concentrated suspension of platelets and cells (PRP).
- ✓ **DELIVER:** The PRP is returned to the designated site(s) during the same office visit.

Pre-Procedure Instructions

1. Stop taking anti-inflammatory (NSAIDs) medications 5 days prior to procedure (e.g. ibuprofen, naproxen, celebrex, etc.).
2. In some cases, you may need to stop taking blood thinners (e.g. Aspirin, Plavix, Coumadin, etc.) 7 days prior to procedure. You must discuss this with your cardiologist or primary doctor and obtain approval. Other daily medications may be taken normally as directed.
3. You should consider arranging for a friend or family member to provide transportation for you on the day of the procedure. Post-procedure pain may interfere with your ability to drive.

Billing & Insurance

Since this is a fairly new procedure, most insurance companies have not incorporated it to their list of approved procedures and do not consider this to be a reimbursable expense. We have various PRP packages to suit your needs. All packages include the PRP kit, blood draw, centrifugation machine, disposable equipment, ultrasound guidance, and the actual procedure. A splint for support may be indicated in some cases and will be an additional fee.

For questions, please contact our Billing office at (316) 630-9300.

Post-Procedure Instructions

1. We recommend having someone drive you home after the procedure if you are having quite a bit of pain.
2. Blood thinners (e.g. Aspirin, Plavix, Coumadin, etc.) may be resumed 24 hours after the procedure.
3. Avoid anti-inflammatory medications for six weeks after the procedure (e.g. ibuprofen, naproxen, celebrex, etc.).
4. Increased irritation in the affected area may occur after your PRP injection. This is part of the healing process. Ice the affected area three to four times per day for 15 minutes for the next three days. You may take Extra Strength Tylenol as needed for pain or the prescribed pain medication.
5. If you develop fever, persistent redness, or swelling at the site of injection, call our office at (316) 630-9300. These may be signs of infection.
6. The most important part of the PRP Therapy is that you follow the Post-procedure instructions in order to optimize the healing of the tissue and decrease the risk of causing further damage. **Limit excessive movement of the treated area for the first three days after the procedure.** Avoid heavy lifting or any strenuous activity for the first seven days. If a splint was provided, you should wear it during the first 7 days. In general, sports-related drills are begun at 8 weeks from the procedure, and full return to play of sports without restrictions usually occurs at 12 weeks from the procedure.