



INFORMATION SHEET

PRP INJECTIONS

PRP INJECTIONS EXPLAINED

Platelet-rich plasma (PRP) is a promising solution to naturally accelerate healing of tendon injuries/ degeneration and osteoarthritis, without subjecting patients to significant risk. PRP therapy aims to merge cutting-edge technology with the body's natural ability to heal.

PRP injections may assist in easing pain and symptoms for:

- Tennis elbow
- Golfer's elbow
- Knee tendonitis
- Rotator cuff tears
- Achilles tendonitis
- Plantar fasciitis
- Osteoarthritis

Using the patient's own blood, specially prepared platelets are taken and then re-injected into the affected area under ultrasound guidance to ensure accuracy. These platelets release substances known as "growth factors" that lead to tissue healing. For example, when you cut yourself the body's natural response is to attract platelets that release growth factors and facilitate the healing. By concentrating the platelets, we increase the release of growth factors that promote the healing of tendons and cartilage.

The human body has a remarkable ability to heal itself; by re-injecting concentrated platelets we are facilitating the natural healing process.

Patients may see significant improvement in symptoms and a return of function.

PREPARATION

Do not take anti-inflammatory medication (e.g. aspirin, ibuprofen, etc) for one week before or after the injection, as this may limit the treatment benefits.

WHAT HAPPENS DURING THE PROCEDURE

An MRI and/or musculoskeletal ultrasound may be performed prior to the injection to ensure a proper diagnosis and exclude any condition that would be better treated surgically.

Depending on the condition, a series of 1-3 injections may be required, separated by approximately 6-8 weeks.

HOW LONG DOES IT TAKE

The PRP injection usually takes approximately 30 minutes. This includes taking blood, preparing it in the centrifuge and then a quick injection of your platelet preparation into the affected area under imaging guidance.

AFTER YOUR EXAMINATION

The procedure may initially cause some localised soreness and discomfort. This discomfort can continue for several days. Paracetamol can be taken to help relieve this, rather than anti-inflammatory medication.

Patients may apply ice and elevation as needed.

This treatment is not a "quick fix" and is designed to

promote long-term healing. The process of PRP requires time and rehabilitation. Patients who follow a course of physical therapy are likely to see the most improvement in the affected area. PRP accelerates and shortens the recovery process in chronic injuries and new acute injuries.

COST

PRP and other blood injections are no longer covered under the Medicare Benefits Schedule. We will endeavour to keep your out-of-pocket costs as low as possible.

YOUR IMAGES AND REPORT

After your examination, you will be given a copy of the most pertinent images from your study. A report will be given to you with the images, or sent directly back to your referring doctor by fax or email. We will store digital copies of all studies on our secure database for comparison with any future examinations.

Please bring any previous imaging with you for review prior to the procedure.

POSSIBLE COMPLICATIONS

PRP has been shown to be safe as derived from the patient's own blood and is not thought to have any carcinogenic potential, risk of rejection or risk of disease transmission. The injection procedure itself carries a small risk of infection.