

# Platelet Rich Plasma

## (PRP)

### Important Information

#### What is PRP?

Platelet Rich Plasma (PRP) is a means of manipulating the patient's own blood to make use of its healing properties and introduce these into an area that has failed to heal itself over time. It focuses on super-concentrating the number of platelets, which in turn are responsible for the release of numerous growth factors that interact with the body's repair processes.

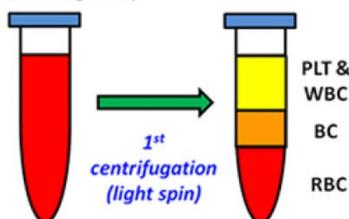
#### How does it work?

There are several mechanisms by which PRP is reported to function, however the key component is the introduction of growth factors that interrupt pain processing and stimulate tissue repair. It is commonly used to treat chronic tendon injuries and arthritic joints and is also used outside of Sports Medicine for hair loss and cosmetic facial treatments such as 'Vampire Facials'.

#### How is it performed?

Approx 10mL of blood is taken from the patient's arm and then transferred to a tube designed to prevent it from clotting and keep components separated. These tubes are then placed into a centrifuge and spun at a specific rate to separate red blood cells from the PRP. The PRP is then extracted from the separated sample and is ready for injection into the problematic area.

human blood sample  
(with anticoagulant)



PLT = platelets  
WBC = white blood cells  
BC = buffy coat  
RBC = red blood cells

#### Tendons

- Single injection with clinical review at 4 weeks.
- May require follow-up injection between 4-8 weeks depending on clinical progress.

#### Major Joints (Knee, Hip, Shoulder, Ankle)

- 3 x injections performed
- 4 weeks apart.

#### Costs

The dedicated consultation fees for PRP treatment are:

- **\$480** for single site

To book, ask at reception or call today on **08 9382 9600**





# Platelet Rich Plasma

## (PRP)

### What do I need to do to prepare?

- Depending on the site of injection and your level of discomfort, you may require a driver. This will be discussed during the initial consultation.
- **Medications:**
  - You should cease any anti-inflammatory medications 1 week prior to injection and continue to avoid such medications for a further 4 weeks post injection.
  - You need to notify your doctor if you are taking any anti-coagulant/blood thinning medications and for what reason – these may also be required to stop temporarily.
- If you are having an injection into an area containing hair (knee/groin/elbow) then shaving this region is recommended.
- Your doctor can guide you towards the exact zone during initial consultation.
- Please be prompt to your appointment and we suggest you allow 30 minutes for the procedure.

### What are the costs?

As it currently stands, there is unfortunately no Medicare Rebate for PRP despite its growing evidence for numerous conditions. There are numerous proposals in place to amend this.

Most patients will have an initial consultation to determine if they are suitable for the treatment. This consultation is at our standard rates with greater rebate if referred for review from a GP or specialist.

### What to expect post injection

- Rest knee for 2-3 days post injection (ie minimising time spent on feet, can walk around house and do easy at home tasks etc)
- As required Panadol for pain relief
- Nil Anti-inflammatory medication for 3-4 weeks post injection
- After 4-5 days, restart home exercise program
- Graduated progression back into physical activities after 1 week
- Review 3 months post injection

### What are the risks?

Given that the product being injected is a modified form of your own blood, there are minimal risks relating to the 'PRP' itself. The main risk with any injection is infection, ranging from 1 in 10,000 to 50,000.

We perform the majority of our PRP injections under ultrasound guidance to ensure it is delivered to the exact desired location. This also greatly reduces the risk of injury to surrounding structures however as with all injections there is a small risk of injury to nerves and blood vessels surrounding the area.

Unlike many other forms of injections (such as steroid), the PRP may result in an initial flare of your discomfort lasting 1-2 weeks. You will generally be given an appropriate pain-relief medication to help with this transition.

This is variable and depends on the site and extent of underlying condition. There may be some bruising/ local tenderness around the injection site. Local anaesthetic will be used to reduce this initially.

Ask at reception or call today on **08 9382 9600**

