

PLATELET RICH PLASMA INJECTIONS PATIENT INFORMATION

This treatment involves the collection of your blood (approximately 12-25 ml) which is then spun down using a centrifuge to separate out the plasma and platelet portion using the 'separator gel' as a special filter. The PRP portion of your blood is then injected back into the injury or joint. The product injected is 100% your own blood by-product (autologous).

If you have any questions, please do not hesitate to ask your physician.

BEFORE THE INJECTION

If you have any type of blood disorder, please let us know before the procedure. If you have anaemia, low platelet count, or recent illness let us know.

You should not have PRP treatment done if you have any of the following conditions: systemic cancer, chemotherapy, steroid therapy, blood disorders and platelet abnormalities, anticoagulation therapy (i.e. Warfarin). If you are unsure about any of above mentioned conditions, please ask.

You should not take any aspirin for at least 2 weeks before the procedure (preferably longer) and until 6 weeks after the procedure. You should avoid other anti-inflammatories from one week prior until two weeks after the injection.

Please have a driver with you as resting the site is critical for the first hour post injection.

DURING THE PROCEDURE

1. Blood will be taken from you similar to a blood test. This will then be processed (see above)
2. The injection itself is similar to a cortisone injection. We will give local anaesthetic into the skin and not into the affected part, as the local may interfere with the PRP.
3. You will rest the part for 10minutes immediately and we advise resting for the remainder of the day.

AFTER THE INJECTION

1. You may have a temporary increase in symptoms that can be managed by ice, rest, and paracetamol
2. You should rest the part/limb for several days followed by gradually increasing activity.
3. You may need to see a physiotherapist regarding an isometric strengthening program for the affected part starting 10-14days after the final injection
4. Two injections at 2-3 weeks intervals is the standard protocol, but 3 or more are occasionally undertaken depending on your specific circumstances.
5. If you are taking or considering taking a supplement for your tendon injury we would recommend Tendoforte (<https://www.bodyscience.com.au/nutrition/tendeforte-performance-collagen-protein.html>) as there have been some preliminary studies (one in AIS athletes) which showed a more rapid and improved recovery in Achilles injuries.

We use a Regenlab system for extracting the PRP from your blood. This is a pure PRP system with low amounts of white cells and negligible numbers of red cells. More information can be found at <http://www.regenlab.com/>.

POSSIBLE SIDE EFFECTS

You may experience mild to moderate swelling of the treated area; this will last for up to 48hrs. You may notice a tingling sensation while the cells are being activated in the first few hours. As with any injection (very rarely) infection may occur (less than 1:10,000), which may require treatment with antibiotics.

If you have any major concerns, please call us on 62257070.