

PLATELET RICH PLASMA (PRP) PROCEDURE

WHAT IS PLATELET RICH PLASMA?:

Plasma is the liquid portion of blood. It is comprised largely of water and proteins and provides a medium for red blood cells, white blood cells and platelets to circulate throughout the body. Platelets, also known as thrombocytes, are small, colorless cell fragments in our blood that form clots to stop or prevent bleeding and are largely involved in other growth and healing functions. Platelet Rich Plasma (PRP) is essentially a strong concentration of your body's healing and growth factors that is injected into injured tendons, ligaments, muscles, and joints to enhance healing processes, reduce pain, and improve function. At Restore Orthopedics & Sports Medicine, we inject PRP into many areas throughout the body including knees, hips, shoulders, hands, wrists, feet, ankles, elbows, and the lumbar spine.

HOW TO PREPARE FOR A PRP PROCEDURE:

There are several ways to optimize your body for a PRP procedure.

1. **Discontinue use of NSAIDs and Blood Thinners.** We recommend you do **not** take any anti-inflammatory drugs such as Motrin, Ibuprofen, Aleve, Naproxen, Celebrex, Indocin, Indomethacin, Aspirin, etc. during the course of your treatment as these drugs block the body's natural ability to heal and may have side effects with long-term use such as GI upset, kidney problems, increased cardiac risks, etc. We typically ask patients to stop taking any of these medications 2-4 weeks prior to the PRP procedure, and to refrain from taking any until 6 weeks after the procedure. We will provide you with a list of NSAID alternatives and supplements that are safer options.
2. **Nutrition:** We ask that you try to eat a healthy diet comprised of plenty of vegetables and fruits, moderate amounts of nuts, legumes, whole grains, and organic, grass-fed meats/lean proteins. Decrease intake of sweets, conventional meat, wheat, processed foods, fried foods, and dairy products. Cut your sugar intake and focus on eating low glycemic index foods. Drink mostly water and teas and avoid sugary beverages. Try not to drink more than 8oz of coffee daily. Do your best to maintain a healthy diet for at least one month prior through one month post procedure.
3. **Avoid Alcohol and Marijuana.** Alcohol can have profound negative impacts on platelet production, so drinking alcohol should be limited to 1-2 times per week beginning 4-6 weeks prior to your procedure. A glass of red wine with dinner is acceptable but more than that could pose a risk to your platelets. Cannabinoids, such as marijuana, can promote bone formation over cartilage (which is not what we want in this case) and should be avoided prior to your procedure.
4. **Hydrate!** Being properly hydrated is crucial to your overall health as being hydrated helps to regulate body temperature, keeps joints lubricated, prevents infections, delivers nutrients to cells, and keeps organs functioning properly. Being properly hydrated also improves sleep quality, cognition, and mood. Also of note, when the body is properly hydrated, veins become more dilated, thus making your blood draw an easier process. Therefore, we ask that you keep yourself hydrated, with special emphasis on drinking plenty of water 24-48 hours before your procedure.

WHAT TO EXPECT ON YOUR PRP PROCEDURE DAY:

Our Platelet Rich Plasma protocol involves two separate appointments on the same day: a blood draw appointment, and a PRP injection appointment.

At your first appointment, blood is drawn from a vein in your arm. This blood is then processed and prepared in our lab for re-injection within 24 hours. We use this blood to prepare an injection of highly concentrated platelet rich plasma containing the growth factors isolated from your blood. The blood draw typically takes 15-30 minutes. Your blood is

processed in our on-site orthobiologics lab by a skilled technician. Processing time can vary depending on your unique body chemistry and the amount of PRP needed for your treatment.

During your second visit of the day, your PRP is injected under ultrasound or x-ray guidance into the treatment site. This procedure typically takes 30-90 minutes.

WHAT TO EXPECT POST PROCEDURE:

The PRP procedure produces a micro-injury at the joint. As a result, you can expect the joint to be sore for 1-3 days post procedure. Pain medication may be prescribed as needed. Additionally, patients may take Tylenol for pain, but are asked to avoid NSAIDs for at least 6 weeks post procedure.

Our office will either provide or order any needed braces, slings, boots, or other needed durable medical equipment. If our physician feels that you will benefit from post-procedure physical therapy, we will provide you with a referral to the physical therapy office of your choice.

Most patients report modest improvement in the first month. You will note that as time goes on, pain that you experienced before your procedure will become less frequent and/or severe. Most patients will be able to resume light activity within 5-7 days. Usually, at 6 to 8 weeks patients begin to resume a more vigorous exercise schedule. Most of our very active patients can return to their regular routines at 6 weeks and push their performance to higher levels in 8 to 12 weeks. Most patients notice continued healing over many months. Outcome data suggests healing peaks at 1-2 years out. Results vary by patient and depend on the condition of the area treated. Other factors that may influence healing time include age and overall health of the patient.

We will schedule a follow up appointment at approximately 8 weeks post procedure to check progress and healing. We allow our patients to choose between an in-office or Telehealth visit. This complementary visit typically takes 30 minutes.

