

Pre-Procedure Instructions

Platelet Rich Plasma Injection (PRP)

What is PRP?

Platelet-rich plasma therapy or PRP is a non-surgical treatment option which utilizes a patient's own blood to promote healing and provide long-lasting relief from impairments of the joint, back/neck, muscles, and tendons. PRP is a highly studied therapy that stimulates cellular healing and regenerative pathways.

What to expect during the procedure:

Immediately prior to the injection, a small volume of blood is drawn from the vein. This blood sample is then spun within a centrifuge. The centrifuge machine spins at high speeds and uses gravity to separate the blood into red blood cells and concentrated platelets in the plasma layer. The red blood cells are discarded and the remaining concentrated PRP is used for injection. This process uses a strict sterile technique.

Next, the patient is positioned for the procedure. The area of the skin where the injection will be performed is prepped in a sterile manner. Numbing medicine (lidocaine) is infiltrated in the skin and soft tissue. A needle is then guided to the target area. Ultrasound or live x-ray may be used to properly identify the target and place the needle during the procedure. The physician may also inject contrast to confirm accuracy. Last, the PRP is infiltrated to the area.



Frequently Asked Questions

How long does the procedure last?

Spinning the blood and performing the injection should take 15-30 minutes but expect to spend 1 hour at the office during the procedure.

Can I drive myself?

Anxiety and pain medications may be provided prior to the injection. If these medications are taken, you are required to have a driver. If you do not need medications, we recommend that you have a driver for the first injection. If you feel you can drive after, you may consider driving alone for other injections.

Will I have activity restrictions?

You will be asked to decrease your physical activity for several weeks after the procedure. We ask that you notify your physical therapist, chiropractor or personal trainer to temporarily pause and adjust care. Typically, we recommend avoiding strenuous activity after the first injection. Next, five days after the second injection, we recommend non-resistance range of motion exercises and gentle stretching. Last, one week after the third injection, we recommend light exercise and building the intensity level slowly.

Does it hurt?

It depends on the location of the injection and severity of the underlying problem. PRP is pro-inflammatory. It induces the body's repair process. Typically, there is pressure and soreness during the procedure. Many patients report a sense of aching two-three days after the procedure.

What are the risks?

We abide by the highest level of safety standards. All injections have the risk of bruising, procedure site pain, and no guarantee for benefit. There is 1 and 10,000 chance of a complication that results in bleeding, nerve damage, infection and damage to surrounding tissue.

What should I wear?

Loose comfortable clothes. There is a possibility of blood contacting your clothes.

If you have any additional questions, please call the office at 215-366-2803.