

BIOLOGIC TREATMENT

Platelet-Rich Plasma (PRP) Injection

Using your body's own healing factors to treat injury and arthritis

BACKGROUND ON PRP

PRP is a biologic therapy derived from your own blood to treat a variety of injuries and conditions. A sample of your blood is drawn, placed in special tubes, and spun in a centrifuge to separate it into its components — red blood cells, platelets, and plasma. The layer we isolate contains highly concentrated platelets (the cells that promote clotting), specialized growth factors, and cytokines, all of which interact with local cells to promote healing, cell division and migration, and cartilage production. The aim of PRP is to deliver a high concentration of growth factors to the area of injury to stimulate a regenerative, healing response and ultimately reduce inflammation in the tissue.

PRP has been used since 1987 to promote healing across many disciplines — dentistry, dermatology, plastic surgery, and orthopaedics. Over the past 15 years it has become widely recognized for its potential to treat both chronic and acute musculoskeletal injuries involving tendons, ligaments, cartilage, and muscle. Many professional athletes have credited PRP with helping expedite their recovery and return to sport.

POTENTIAL BENEFITS & RISKS

PRP injected into degenerated or partially torn tendons — such as in tennis elbow — has been shown to be highly effective in most patients, and it has been shown to promote cartilage repair and reduce inflammatory factors after cartilage injury. Because controlled studies are not yet available for every musculoskeletal condition, how effective PRP will be for your particular problem cannot be guaranteed.

Because PRP comes from your own blood, there is no risk of allergic or immune reaction. The risks of the procedure include local infection and pain at the injection site. Because the treatment works by creating a healing inflammatory response, it is expected that you will have some pain for up to 4 days after the procedure.

IMPORTANT — AVOID ANTI-INFLAMMATORIES

We do not want to interfere with the healing inflammatory reaction. Please stop all anti-inflammatory medications (Aleve, Motrin, Advil, ibuprofen, Celebrex, meloxicam, prednisone, etc.) for 14 days before and after the procedure. Avoid aspirin if possible — but do not stop it without clearance from your cardiologist.

PREPARING FOR YOUR PROCEDURE

- Stop any anti-inflammatory medications for **14 days** before the procedure.
- Avoid corticosteroid injections at the treatment site for **2 months** before PRP.
- Stop smoking and drinking alcohol for **1 week** before the procedure.
- Do **not** take Vitamin E, fish oil, garlic, ginkgo, or ginseng for 5 days before.
- Eat a diet rich in leafy green vegetables, fruits, vitamin B12, and minerals.

—Drink at least 64 oz of water the day before, and at least 32 oz within three hours of your procedure.

WHAT TO EXPECT DURING THE PROCEDURE

Please arrive 15 minutes early and bring a book or activity for the time between your blood draw and the injection. You may take 650 mg of acetaminophen (Tylenol) beforehand to reduce discomfort — this will not interfere with the healing cascade. Nursing staff will draw about 60 cc of blood from an arm vein and place it in specialized tubes. The centrifuge takes about 35 minutes to spin your blood and isolate the PRP, after which the nurse prepares the injection. The site is sterilized and numbed, and Dr. Pettit uses ultrasound guidance to precisely target the injection. Because of the acidity of PRP, you may feel a burning sensation during the injection. Afterward we place a bandage over the site and, depending on the area, provide a sling or crutch as needed.

AFTER THE PROCEDURE & FOLLOW-UP

Do not ice or take any anti-inflammatory medications for 14 days after the procedure. You may take Tylenol for pain, or a short course of a prescription medication can be provided if needed. It is normal to be red and sore after the injection. Limit your activities in the week that follows; Dr. Pettit will advise you on returning to high-impact sports and activities. It takes approximately 6–8 weeks to assess your response to PRP therapy.

WHEN TO CALL THE OFFICE

Call our direct office line at (513) 441-5639 for significant redness, drainage, or fever. After hours, call the main line at (513) 354-3700 to reach our on-call team.

WILL MY INSURANCE COVER PRP?

Currently PRP is not FDA-approved for many of the musculoskeletal conditions we treat, so it is likely your carrier will deny reimbursement — though we will still submit to your insurance for approval. The cost of treatment is **\$750**. If your carrier does not reimburse you, you will be responsible for the cost.



SCAN FOR THE LATEST VERSION ONLINE

robertpettitmd.com/handouts/prp-injection.pdf

This handout is for general patient education and does not replace personalized medical advice. Always follow the specific instructions given by Dr. Pettit and your care team.