



WEISS ORTHOPAEDICS

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What is a Platelet Rich Plasma Injection?

Platelet-Rich Plasma, or PRP, is produced from your own blood. The platelets are the cells in our body that contain growth factors, which stimulate the normal wound healing process. With PRP, you create a supra-therapeutic level of your own platelets so that you heighten the healing of a chronically injured tissue. All PRP injections are done under ultrasound guidance to confirm placement of the PRP in the correct tissue.

Is PRP indicated for me?

PRP therapy is indicated for injuries that have failed to heal despite traditional treatment options. It can be performed in any musculoskeletal structure, including muscles, tendons, joints and ligaments all over the body. Some examples include: partial tendon tears, muscle strains, ligament sprains/partial tears, articular cartilage injury, and chronic tendon injuries.

How is PRP made?

To prepare PRP, blood is taken from your arm with a special kit similar to a normal blood test. It is then placed in a special centrifugation machine that separates the platelets from the blood in order to be extracted in a concentrated form called PRP. The entire PRP Therapy takes about 30-45 minutes.

Are there any side effects?

Since your own blood is used, there is no risk for transmitted blood-infections. PRP has a strong antibacterial effect so risk of local infection is minimal. It is normal to have increased soreness or pain after the procedure for an average of three days.

Post-procedure Instructions

Avoid anti-inflammatory medications for six weeks after the procedure (e.g. ibuprofen, naproxen, celebrex, etc.). Increased irritation in the affected area may occur after your PRP injection. This is part of the healing process. Ice the affected area three to four times per day for 15 minutes for the next three days. You may take Extra Strength Tylenol as needed for pain or the prescribed pain medication. You may increase your activity as tolerated. Let the pain be your guide.

When will my PRP injection start to work?

The effects of the injection are slow and can take up to 4-6 weeks to start to feel the beginning of pain relief. Studies have shown the PRP injection continues to heal up to 4-6 months.

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