



ELITE INTEGRATIVE MEDICAL

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PRP Injections Platelet Rich Plasma

What you should know...

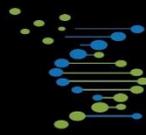
Platelet-rich plasma therapy, sometimes called PRP therapy or autologous conditioned plasma (ACP) therapy, attempts to take advantage of the blood's natural healing properties to repair damaged cartilage, tendons, ligaments, muscles, or even bone.

Platelet-rich plasma is derived from a sample of the patient's own blood. The therapeutic injections contain plasma with a higher concentration of platelets than is found in normal blood. Platelets secrete substances called growth factors and other proteins that regulate cell division, stimulate tissue regeneration, and promote healing.

When you come in for a PRP injection, we will draw your blood just like when you go for any normal lab work. We then put it into a centrifuge, and it spins for 10 minutes. The white and red blood cells will separate and then our medical professional will inject the white cells back into your joint(s).

When having a PRP injection, it is common to have some mild discomfort around the injection site. For this reason, it is important to schedule when you will be able to have about 3 days of rest. We recommend no activities with that joint for approximately 2-3 days, however stretching is recommended.

The PRP injection causes inflammation so that the healing properties are drawn to that location, so therefore it is important not to take any anti-inflammatories. You may take Tylenol or use ice if needed. If you have any questions or concerns, please contact our office.



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When scheduling your appointment:

1. We will schedule you for a late morning or afternoon appointment and not first thing in the morning so that you have time to eat some breakfast, lunch or maybe both.
2. Please drink plenty of fluids, especially water 24-48 hours prior to your appointment.
3. Please wear comfortable clothing and try not to wear white or light colors.
4. When drawing your blood there are several things that may or may not happen.
 - a. While every patient is unique, if you have small veins or if your veins are not easily visible, we may use:
 - Diagnostic Ultrasound
 - Vein Finder
 - Heating pack to draw the blood to the area
 - Tourniquet the arm
 - Pump your hand on a ball