**WHAT IS PRP:**

PRP stands for platelet rich plasma injection. Platelets which are part of our human blood contains a number of chemical and proteins that are involved in wound healing and when activated, these components released are collectively called “growth factors”. The injection thus uses a portion of the patient’s own blood to promote healing.

**HOW IT WORKS:**

We remove your blood cells from your own blood to produce a specific plasma fluid which is then processed to concentrate its platelets along with the growth factors. This concentrated solution is then mixed with a buffer and anticoagulant before it is re-injected back into your injured tissue to promote healing.

In essence, using your own cells to repair your damaged cells.

**PROCESS OF PRP TREATMENTS:**

1) Patient will either call the office or schedule an appointment at check-out with one of our physician assistants.

   (a) Cost of PRP injection is $500

2) Patient to follow up 3-4 weeks for re-evaluation after receiving injection.

**IMPORTANT INFORMATION — PRE-INJECTION GUIDELINES:**

- No corticosteroids for 2 to 3 weeks before the procedure
- Discontinue nonsteroidal anti-inflammatory drugs (NSAIDs) such as Aspirin, Ibuprofen, Advil, and Motrin for a minimum of 1 week before procedure
- No anticoagulation use 5 days before procedure
- Increase fluid intake in the 24 hours leading up to procedure

**INDICATIONS OF USE:**

- Plantar Fasciitis
- Peroneal Tendonitis
- Posterior Tibial Tendonitis
- Achilles Tendonitis
- Arthritis
- Tendon/Ligament Injuries

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