

## What is a PRP (Platelet Rich Plasma) Injection?

PRP injection is a newer modality of treatment for musculoskeletal injuries (tendons, muscles and joints). It speeds up the body's own healing process. PRP injections have been safely used in many fields including chronic pain, sports medicine, orthopaedics, cosmetics, dental and urology.

Our blood contains plasma, red blood cells, white blood cells and platelets. Platelets play an important role in forming blood clots. They also consist of special proteins, known as growth factors, which help with our body's healing process, by stimulating the anti-inflammatory and regeneration process.

Platelet-rich plasma is a high concentration of platelets and plasma. A normal blood specimen contains only 6% platelets, while platelet-rich plasma contains 90% of platelets and 5 to 10 times the concentration of growth factors found in normal blood, thus greater healing properties.

Your doctor will draw about 10-30ml of blood from your vein. The blood is then spun in a centrifuge machine for about 5-10 minutes to separate the platelets from the remaining blood components.

A live X-Ray machine and contrast medium are used to confirm the correct position of the needle used to inject the PRP.

What conditions are treated with PRP injections?

- Knee osteoarthritis.
- Hip osteoarthritis.
- Shoulder rotator cuff tear.
- Tennis elbow (epicondylitis).
- Achilles tendonitis.
- Degenerative disc disease.
- Lumbar spinal arthritis.

For more Information,  
Videos and Resources,  
visit our website.

[advancedspinepain.com.au](http://advancedspinepain.com.au)

### Locations

Waratah Private Hospital  
Suite 705, Level 7, 31 Dora Street  
Hurstville NSW 2220

St Vincent's Clinic (Level 8)  
Suite 808B, 438 Victoria Street  
Darlinghurst NSW 2010

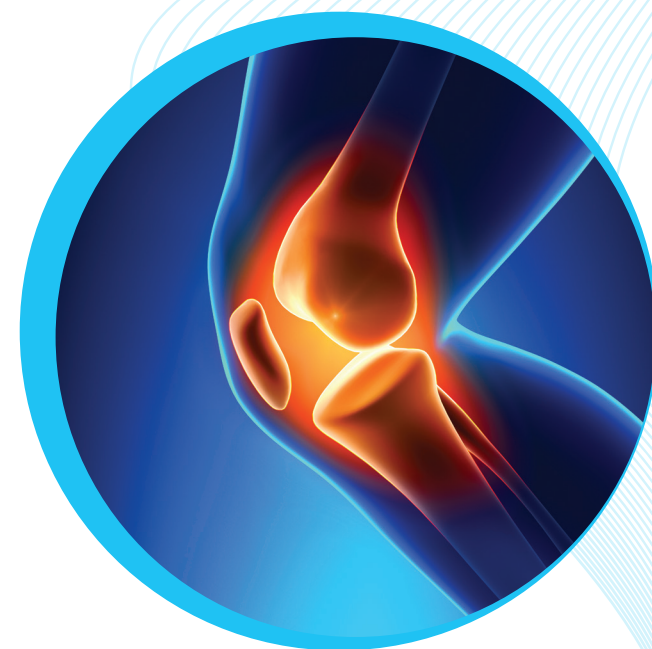
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## Platelet Rich Plasma Therapy (PRP)

### **What to do before the procedure?**

Organise transport home with a family member or friend.

You will be advised of your fasting and admission time.

If you are on regular medication, you may take it with a sip of water on the morning of your procedure.

Please tell your doctor if you are taking blood-thinning medications because you might need to stop them.

Unable to take Diabetes medications morning of procedure.

Continue ALL of your pain medication as usual.

### **What happens at the hospital?**

When you arrive, you will be admitted for day surgery and changed into a gown.

Sedation is optional for this procedure but it is available and will be given by our Anaesthetist through an IV drip.

The doctor will take 10 - 30ml of your blood before the procedure which will be centrifuged and turned into PRP.

The procedure takes around 30 - 40 minutes. Discomfort will be minimised with a local anaesthetic at the injection site.

After the procedure, you will be taken to the recovery room where you will rest.

Keep in mind that you will be at the hospital for at least 3-4 hours in total.

### **What should I expect after the procedure?**

There may be some bruising and increased pain for the next 48-72 hours, simple pain killers such as Panadol are recommended. Avoid Nurofen and similar medication.

For discomfort and muscle stiffness, you may apply warm packs on the affected area 24 hours after the procedure for 30 minutes, 2-3 times a day until it settles. We also recommend engaging in gentle stretching exercises and taking over-the-counter or prescribed analgesics.

\*Do not apply warm packs for inflammation or haematoma. Be careful with hot temperatures if there is numbness.

For swelling or inflammation, you may apply cold packs on the affected area for 30 minutes, 2-3 times per day until it settles.

\*Do not apply ice directly on your skin.

Avoid Nurofen and similar medication

### **When to seek medical attention?**

Contact your GP or Local Emergency Department, if you experience the following:

- Excruciating pain.
- Redness, heat, swelling or any purulent secretions in the area of the injection.

### **When will I feel pain relief?**

PRP injections take some time to act and vary from patient to patient. You will need several courses of injections 2 to 4 weeks apart.

Pain relief varies from patient to patient however we estimate between 3 to 6 months.

### **What activities can I do after the injection?**

**In the first 24 hours:** We recommend that you rest and only participate in gentle activity. Continue taking your prescribed medications as advised by your doctor.

**In the first 2 to 3 days:** You may experience discomfort at the injection site which you may take simple analgesics like Panadol or Nurofen.

**After 3 days:** You may resume your rehabilitation program because this is essential for the overall success of the injection.

If the doctor has given you advice on diet and weight management please incorporate this advice into your pain management.

### **How many injections do I need to have?**

Patients usually require more than one course of injections.

In order to complete the treatment, you will need a course of at least 3 injections.