

## **What to expect during your PRP treatment**

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First your physician will evaluate your injury and use musculoskeletal diagnostic ultrasound to closely examine the injured area and determine if you would be a good candidate for PRP treatment. We recommend that you avoid taking anti-inflammatories (such as ibuprofen or naprosyn) or aspirin for at least one week prior to beginning PRP treatment. On the day of the treatment your blood will be drawn from a small vein in your arm. This blood will be placed into a special centrifuge machine designed specifically for producing platelet rich plasma. The separation and concentration process will take about 15 minutes to produce the platelet rich plasma. During this time your physician will re-evaluate the injured area with the ultrasound and pinpoint the exact area for treatment. The area will be anesthetized with a local anesthetic. The concentrated platelet rich plasma will then be injected into the injured area using a sterile procedure and ultrasound guidance. The entire office procedure should take approximately 40 minutes. Patients should expect mild discomfort but no pain during the procedure.

In some cases, depending on the nature of the injury, a brace or splint may be required to be worn for the first several days after the procedure. All soreness from the procedure should resolve within 48 hours and the patient should be able to resume all normal activities. Depending on the nature of the injury physical therapy may be required during the healing process. If needed, a specialized rehabilitation program developed at SCOI will be personalized to your condition. This may include special modalities such as ASTYM and Sonorex treatment to aid in the healing and regeneration process. The amount of time before all symptoms resolve and the tissue is fully healed will depend on the nature and extent of the injury and may range from 1-2 weeks to 1-2 months. The patient will then be re-examined with musculoskeletal ultrasound to confirm tissue healing and that the problem is “cured.” Occasionally a second PRP treatment may be required if complete healing and regeneration has not occurred. However, in our experience approximately 80% of patients experience significant if not complete resolution of symptoms after only one treatment.