



**TRI-STATE
ORTHOPAEDICS**
& Sports Medicine, Inc.

Platelet-Rich Plasma (PRP)

The field of medicine is rapidly evolving with new therapies and treatments being discovered every day. The physicians of Tri-State Orthopaedics & Sports Medicine strive to keep abreast of the latest developments and advancements in the field of orthopaedics. Our goal is to provide our patients with safe, state-of-the-art treatment options to assist in the healing of acute injuries and chronic orthopaedic problems. Since 2009, we have offered **Platelet Rich Plasma (PRP)** injections to select patients and injured athletes. PRP is now more widely accepted as a treatment option for many orthopaedic conditions such as arthritis and tendinitis.

What is Platelet Rich Plasma (PRP)?

- PRP is a concentration of platelets and growth factors created from a small amount of your own blood. When the prepared plasma is re-injected into the problem area, increased levels of growth factors aim to improve the movement of cells to the injury site to control inflammation and to optimize and accelerate healing. This non-surgical treatment has been used to assist in the treatment and recovery of a variety of injuries for many years.

How does the PRP injection therapy work?

- Blood is drawn from your arm using a small needle (specially designed PRP syringe). The blood is prepared by going through a rapid spinning process in a centrifuge to separate the platelets and other beneficial growth factors from the rest of the blood. The clear platelet-rich plasma containing the growth factors is then injected into the treatment area by the physician. The entire PRP process is performed in the office in approximately 30-45 minutes.

Am I a candidate for PRP treatment?

- An office consultation with a physician and physical exam are required to determine if you could benefit from PRP therapy based on your injury type and specific orthopaedic problem.

What are the risks associated with this treatment?

- PRP uses your body's own natural properties to treat your injury. Your plasma which contains the platelets is re-injected. There is nothing added to the plasma for the injection. Side effects are uncommon, other than bruising or discomfort at the injection site, similar to that of a routine blood draw or injection. You will also be asked to sign an "Informed Consent" form.

How do I prepare for PRP treatment?

- It is recommended that you do not take NSAID/anti-inflammatory medications (such as Motrin, Advil, Aleve, Ibuprofen, etc.) for 7 days prior to the injection and then for 7 days after the injection. Come to the appointment hydrated and well-rested.

Will my insurance cover this treatment?

- PRP treatments have been performed for many years. However, most insurance companies still do not cover this treatment. Therefore, pre-payment is required (cash, check or credit card) prior to receiving your first injection.

**To learn more about PRP injection therapy or to schedule a consultation,
please contact our Clinical Supervisor at (412) 369-4000 Ext 340.**

www.tristateortho.com