

### What is platelet rich plasma therapy?

Platelet rich plasma (PRP) therapy has been used to treat several types of common conditions such as torn ligaments and tendons, strained muscles, and osteoarthritis. New applications are being developed to treat spinal disorders.

This relatively new treatment has been known to promote the regeneration of soft tissue and healing within the body without the risks and extended recovery time often associated with surgery. PRP is composed of plasma enriched with platelets. These platelets have a large quantity of proteins, known as growth factors, which are beneficial in helping to heal injuries and help with the re-growth of tissues.

### What is involved in platelet rich plasma therapy?

Platelet rich plasma (PRP) therapy is a minimally invasive procedure performed in the Interventional Procedure Centre (IPC) of North Shore Private Hospital as a day procedure. The IPC is located in Royal North Shore on level 4.

Your procedure will involve you being given intravenous sedation by an anaesthetist to help you relax during the procedure. Specialised x-ray or ultrasound equipment allows your doctor to safely perform this procedure. Blood is drawn from the patient and the PRP is separated by spinning the blood in a centrifuge. The PRP is drawn off and carefully injected with a needle into the required area.

### Before my procedure

You will be contacted by North Shore Private Hospital the night before your procedure to be given instructions about admission times and fasting.

### Medications

Please note that:

- All blood thinning medications must be stopped before the procedure. You will be given specific instructions.
- All anti-inflammatory medications (NSAIDS) including Nurofen, Naproxen, Celebrex and Mobic must be stopped 1 week before the procedure and for 2 weeks after the procedure.
- Please read the Preoperative Medication Instructions Category B Pain Procedures that have been given to you.

### After my procedure

Following your procedure, you will spend a short period of time in the recovery ward before being discharged home. You must arrange to have someone drive you home due to the anaesthetic you received during the procedure.

The day after your procedure you may return to driving, work and your normal diet and fluids. Please remove your dressing and monitor the procedure site until healed. A series of several injections may be required.

### Important information

You may have some numbness and weakness surrounding your normal painful area and procedure site for the hours after your procedure due to the local anaesthetic given (this will resolve but please contact us or your local GP if you are concerned).

Although every medical procedure carries risk, serious complications are rare. Pain after the procedure is common and usually settles in a couple of days. Persistent pain is uncommon. The most commonly reported side effect

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of the procedure is tenderness at the site of the injection. Because the injection is conducted with the patient's own blood, the risk of contamination and infection is greatly reduced.

Please contact your local GP or the rooms if you have any allergic reactions to the medication administered in hospital, signs of infection at your procedure site (yellow discharge, abnormal pain, heat, swelling or a temperature), severe headache, severe pain at procedure site or any questions or concerns.