

### Pre-Treatment Instructions for Platelet Rich Plasma (PRP)

1. Be sure to be **well hydrated** (drink at least 8oz of water) and **have a full meal** prior to your visit. The entire volume of blood to be drawn is 50ml. This is a larger volume than is drawn for routine laboratory testing, but not as much volume as a blood donation.
2. If you develop a **fever, cold / flu, or develop a cold sore, blemish, or rash, etc.** in the area to be treated prior to your appointment, you must reschedule (we will not treat you).
3. Discontinue use of **anti-inflammatory drugs** (steroidal and non-steroidal) such as: Aspirin, Motrin (or any other Ibuprofen drugs) at least 3 days to 1 week before your treatment. With PRP, we “want” inflammation this is one of the mechanisms of how PRP does its work.
4. If you are or have been on **Systemic use of Corticosteroids** (steroids) within 2 weeks of treatment, we cannot treat you. Consult your physician for approval to discontinue use of steroids and receive treatment.

### What is PRP Therapy?

PRP therapy is a natural (non-synthetic) solution of concentrated platelets and white blood cells derived from your own blood that will not be reabsorbed or synthesized by the body. The patient's own platelets are harvested and concentrated to work in conjunction with injectables to provide enhanced results and to promote permanent tissue growth and repair for up to 5 weeks.

Prior to your procedure, a sample of blood is drawn. The blood is placed in a specialized centrifuge that will separate and concentrate your body's own natural healing agents. Once the solution is prepared, the Platelet-Rich Plasma (PRP) is then injected into the damaged area. The platelets activate and release growth factors that trigger the patient's body to begin the healing process.

Many patients find that a single treatment can provide relief from their symptoms and that the relief continues to improve over time. However, some patients may need up to 3 injections administered over several weeks to achieve the most relief.

This therapy is intended to resolve the patient's symptoms by healing damaged tissue so they could experience long lasting results. Patients should begin to experience improvement within the first few weeks and should see continued improvement throughout the healing process.

PRP therapy can be an effective treatment for:

- Tendinosis / Tendinitis
- Rotator Cuff
- Muscle or Ligament Tears
- Tennis or Golfer's Elbow
- Plantar Fasciitis
- Joint Pain Caused by Wear and Tear