

# Platelet-Rich Plasma Injections

Platelet-Rich Plasma (PRP) treatment involves taking a sample of your own blood and spinning the blood to separate out the platelets and other healing factors. The solution is then injected into the area of chronic tendon irritation. Though research is still underway to determine optimal uses, concentrations and techniques, PRP injection in the region of chronic tendon irritation has shown promise in the treatment of many chronic tendon conditions.

## Before the Appointment

- If you are taking a corticosteroid, disease modifying antirheumatic agent (DMARD, such as methotrexate) or a biologic treatment for a rheumatological condition, please ensure you speak with your physician regarding use of these medications and PRP.
- Stop taking non-steroidal anti-inflammatory medications (such as aspirin, ibuprofen, naproxen, Celebrex) one week prior to injection.
- If you are taking an antiplatelet anticoagulation medication such as clopidogrel please be sure you discuss use of this medication and PRP with your physician.
- Drink plenty of water the day before the injection.

## During the Appointment

- To develop a PRP preparation, the physician will first draw your blood from a vein in your arm into a syringe.
- Platelets will then be separated from the other blood cells and their concentration is increased during a process called centrifugation.
- The affected joint area will be cleansed by the doctor with disinfectant (alcohol).
- If ultrasound is being used, a special gel will be applied to an area of the skin near the injection site. An ultrasound probe will be pressed against the gel-covered skin. A live image of the tendon will be projected on screen for the doctor to see.
- Your doctor will encourage you to relax and breathe, this will facilitate the injection and make the injection less painful.
- Using a needle, the doctor will inject the PRP into the affected tendon.
- The injection site will be cleaned and bandaged.

## After the Appointment

- You may experience temporary inflammation, pain and swelling in the area that the needle was inserted.
- Avoid strenuous weight-bearing use of the affected limb for one week post-injection.
- Avoid non-steroidal anti-inflammatory pain medications for one week post-injection.
- You may want to apply a cold compress a few times a day in the affected area to assist with swelling.
- It's important to re-start strengthening exercises (as discussed with your physician) one week after the injection.
- It is recommended to NOT use a hot tub, sauna or other forms of heat applied to the affected area for five days post-injection.