

# Platelet-rich Plasma (Prp) Injection

## What is PRP?

A person's blood consists of a liquid portion called plasma that is filled with tiny cells, including red blood cells, white blood cells, and platelets. Each of these components has a specific purpose in the body. Platelets aid the body in healing because they are filled with proteins called growth factors that can trigger cell reproduction and provide a "scaffolding" for tissue healing.

PRP stands for "platelet-rich plasma" and contains 5-10 times the concentration of platelets of regular blood. When this platelet-rich plasma is injected into an injured area, it can stimulate your body's natural healing process to improve the healing process in addition to decreasing pain and inflammation.

## What is it used to treat?

PRP injections are used to treat a multitude of injuries from chronic, overuse injuries to acute muscle and ligament injuries. PRP has also been shown to reduce the symptoms associated with osteoarthritis including pain and inflammation. Injuries such as chronic Achilles tendonitis and acute hamstring strains have been shown to have positive healing effects when treatment is supplemented with PRP injections. Additionally, providers have more recently seen the positive effects of PRP following orthopaedic surgery to aid in tissue healing. Further research studies are underway to understand the full effectiveness of PRP and these results are promising.

## What to expect?

On the day of your procedure, our clinical staff will first draw your blood. Because this procedure includes a blood draw, it is important to be sure you are well-hydrated and have eaten prior to your procedure do avoid feeling lightheaded.

After your blood sample has been obtained, it will spin in a centrifuge to separate the cells. Once the centrifuge is done spinning your blood, the separated portion containing your concentrated platelets will be in drawn into a syringe and then injected into your injured site.

After the procedure it may take several weeks to feel the full effects of a PRP treatment. If you do not experience the positive effects of PRP immediately, do not feel discouraged. Most people report feeling positive effects of PRP anywhere from 2 to 6 weeks following the procedure.

## Common Side Effects

Since PRP is an injection of your own cells, your body will not reject it, there is no risk of blood-borne infection, and the risk of an allergic reaction is minimal. As it is an injection, pain and/or bruising at the injection site is a possibility. If this occurs, it will improve with time. Since the skin is punctured, it is important to keep your injection site clean until it is healed to avoid any type of infection following the procedure.

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## Frequently Asked Questions (FAQs)

### Do I need to wait to go back to physical activity following a PRP injection?

Many times, you can work with your athletic trainer to determine when it is best to go back to physical activity. If you are not working with an athletic trainer regularly, you may return to your routine daily activities as tolerated. It is commonly advised to wait 5 to 7 days before slowly returning to exercise/physical activity, beginning with light activities like walking/jogging and progressing to higher impact and contact activities like running, jumping, cutting, and tackling over the course of a few days, as tolerated.

### Can I get a PRP injection if I have a blood disorder?

It depends on the type of blood disorder. Patients with anemia (including sickle-cell anemia), any type of active cancer, low platelet count, or systemic infections are not candidates for this procedure. It is important that your provider knows your health history prior to this procedure in order to avoid complications.

### Do I need to stop taking my medicines before I get a PRP injection?

You should stop taking any blood-thinning medications such as aspirin or NSAIDs like ibuprofen prior to getting a PRP injection. Please speak with our Sports & Exercise Medicine providers regarding the timing of discontinuation of these medications.

If you are taking prescription blood thinners, please consult your prescribing provider prior to getting a PRP injection.

### Will my insurance cover the cost of a PRP injection?

Currently, insurance companies do not cover the costs of PRP injections. This procedure is considered an out-of-pocket charge. Cost of procedure is **\$350.00** for ACP, **\$650.00** for Angel. Both of these procedures are types of PRP injections. The Angel product uses a specialized machine to separate your blood into the different components and allows for the provider to adjust the concentration of the platelets and white blood cells within the PRP to best treat your injury. The Angel machine also provides us with platelet poor plasma (PPP) which has been shown to help promote muscle cell growth.

Payment for this procedure will be due at the time of your procedure. You will also be required to sign an Advance Beneficiary Notice of Non-Coverage (ABN) form stating that you understand that this procedure is not covered by insurance and you will be responsible for the above-listed cost of the procedure.

## Next steps following a PRP injection

Continue with your recommended physical therapy plan.

Follow-up with your provider: \_\_\_\_\_

Internal Codes:

ACP (Leukocyte Poor) – 2051Z

Angel (Leukocyte Rich) – 0232T

Signature required – ABN before procedure.