



Indiana University Health

IU Health Physicians Orthopedics & Sports Medicine

PLATELET-RICH PLASMA (PRP) INJECTION

POST OP INFORMATION & INSTRUCTIONS

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What is Platelet-Rich Plasma (PRP)?

PRP is generated from your own blood; the process for harvest and preparation first includes intravenous access to draw approximately 60 mL of blood from a vein in your arm. The blood is then centrifuged per the recommendations of the manufacturer being utilized. This will create an autologous (from your own body) concentration of your platelets within a small volume of plasma – termed the “buffy coat” – as well as separate layers of your red blood cells and platelet-poor plasma (PPP). After processing, the red blood cell and PPP layers are discarded to isolate the platelet-rich layer. The final product is then injected back into your body – either blindly, with localization (via X-ray or ultrasound) or with direct visualization at the time of surgery.

How do we believe PRP works?

With the administration of PRP, basic science study suggests that we are able to deliver numerous cytokines (substances secreted by cells in our body’s immune system which



have an effect on other cells in the body) and growth factors in physiologically relevant proportions to provide positive effects at the site of injection by augmenting the body's natural healing factors. PRP may derive benefit from encouraging cell proliferation, angiogenesis (new blood vessel formation), and tissue maturation/remodeling. However, the composition of the PRP generated can vary depending on the time of day that it is obtained, the preparation system and manufacturer that is used, and on the host's age and body mass. Your healthcare provider will also specifically determine whether a concentration rich or poor in white blood cells will be of benefit, depending on the pathology being treated.

Is PRP safe?

Numerous publications suggest that treatment with PRP is safe, given that it is autologous tissue (processed from blood drawn from your own veins). There is a low risk of local irritation at the site of injection or the location of the blood draw for harvest, or infection at the site of administration or harvest.

What is PRP useful for?

Currently available evidence suggests efficacy of PRP formulations in the nonoperative treatment of the following acute or chronic musculoskeletal conditions:

- Knee osteoarthritis
- Overuse tendonopathy
 - Lateral epicondylitis ('tennis elbow')
 - Patellar tendonitis ('jumper's knee')
- Acute muscle injury
 - Hamstring
 - Quadriceps
 - Adductors

The use of PRP as a surgical augment to the following procedures remain in current investigation, with early studies suggesting potentially benefit effects:

- Rotator cuff tendon repair
- Achilles tendon repair
- Anterior cruciate ligament reconstruction
- Meniscus repair

What does PRP cost?

The costs of a single treatment with PRP is variable, and often depends on the setting of administration (i.e. the clinic vs. operating room), use of analgesia/sedation, and image guidance (i.e. ultrasound or X-ray). It is considered "experimental" by insurances which means it is not routinely covered, and payment is out-of-pocket.



Are there any specific instructions for after my injection?

- The areas treated and harvest site (if cell treatment) will be numb for 1-2 hours after the procedure
- Refrain from strenuous activities but gently moving the treated area will decrease soreness and stiffness
- It is expected to have increased pain for the first 2 days after the injection. Some degree of discomfort may last up to 2 weeks. If you are in an excessive amount of pain please call our office.
- **DO NOT** soak the affected area(s) in a bathtub, pool, spa, etc for 48 hours after the procedure. Showering is fine. Leave the initial bandage over the bone marrow harvest site for 24 hours. It is normal to have a small amount of bleeding from these sites. If the bandage becomes soaked, remove and clean area with soap and water and cover with Band-Aid or other dressing.
- **DO NOT** ice the injected area. The treatment causes an inflammatory response as part of the healing process. Ice will inhibit this.
- Apply heat to treatment area for 15 minutes every 2-3 hours while awake for 1 week. This provides a necessary warm environment for optimal cell growth. You may experience a “roller coaster” pain pattern. Feeling great one day and in pain the next. This is normal in the early healing process.
- **DO NOT** take any anti-inflammatory medication after your injection until instructed to do so. This includes: **Aspirin, Goody Powders, Advil, Ibuprofen, and Aleve.** Tylenol is recommended for pain control.
- For the first 48 hours after the procedure, rest the injected area as much as possible and limit activity.
- **DO NOT** perform any strenuous activities for 2 weeks after the procedure. You may continue normal/everyday activities such as driving or walking

*****If you have questions and need to speak to the nurse, please send us a message via the patient portal (instructions on how to create a patient portal will be provided at the time of surgery) ... or if more urgent, please contact us at our triage/call center at 317-944-9400 *****

*****If you have an emergency after hours or on the weekend call the physician on call at 317-944-9400 or call 911*****

*****Someone from Dr. Saltzman’s team will call you on your first day after the procedure to address any questions or concerns*****