



Platelet Rich Plasma

What is it?

Your blood is a liquid (plasma) that contains many other components such as red cells, white cells, and platelets. Platelets are best known for helping your blood to clot. However, platelets also contain growth factors to help in healing of injuries, specifically tendons.

How is the procedure performed?

We first need to obtain a sample of your blood. We do this by drawing your blood in the office procedure room just like you have had your blood drawn at other doctor's offices or laboratory offices.

Then, we have to separate your platelets from the rest of the components in your blood. We do this by "spinning down your blood" in a special machine for 15-20 minutes. This is called centrifugation.

We then use an ultrasound machine to accurately locate your injured tendon. We clean your skin with sterile technique and then inject your own platelets into your injured tendon with the help of the ultrasound (ultrasound guidance).

When we are done with the injection, we place a band aid over the injection site.

What can you expect after the procedure?

Some people have increased pain for the first week or two after the procedure as the platelets cause an inflammatory reaction in order to signal your body to start healing the injured area. For this reason, you CANNOT take anti-inflammatory medication for 6 weeks after the procedure.

It can be several weeks before you feel a beneficial effect from the procedure.

PRP is still being studied and mostly showing promising results with chronic tendon injuries, especially in the elbow and Achilles tendon.

However, we see promising results every day in the medical community and believe this procedure will be helpful in the healing of your tendon injury.