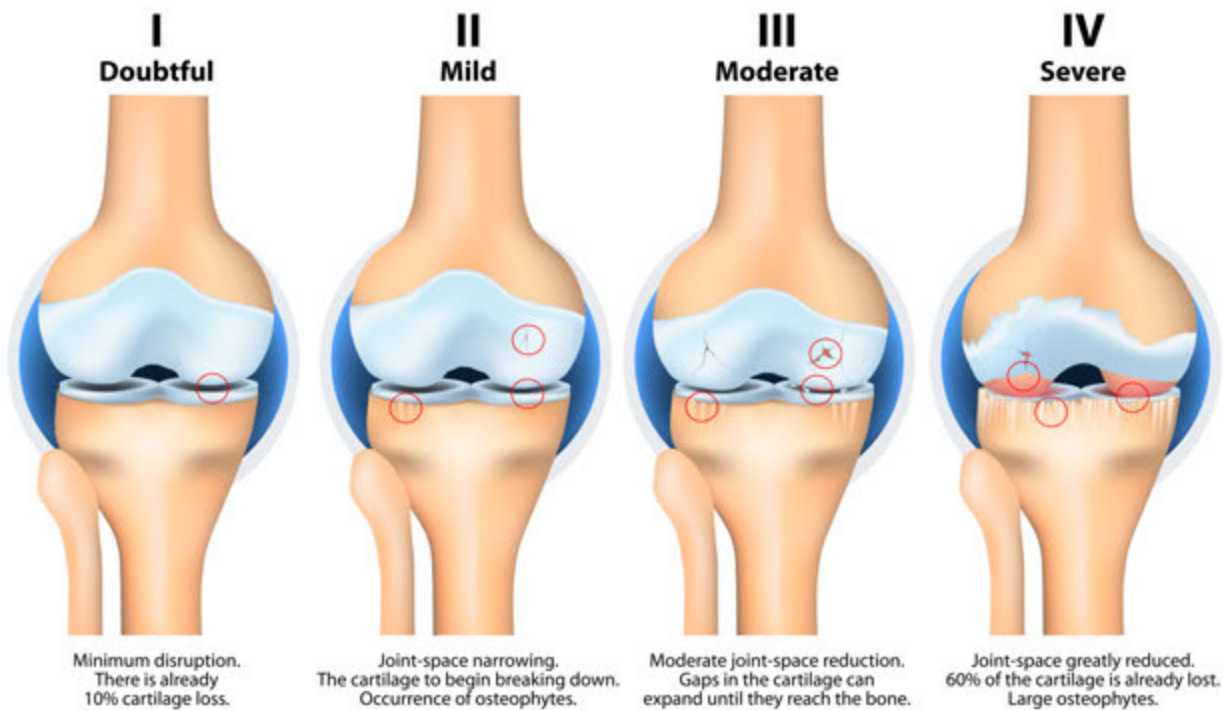




ZEN
CELL REJUVENATION



PRP

(PLATELET RICH PLASMA)

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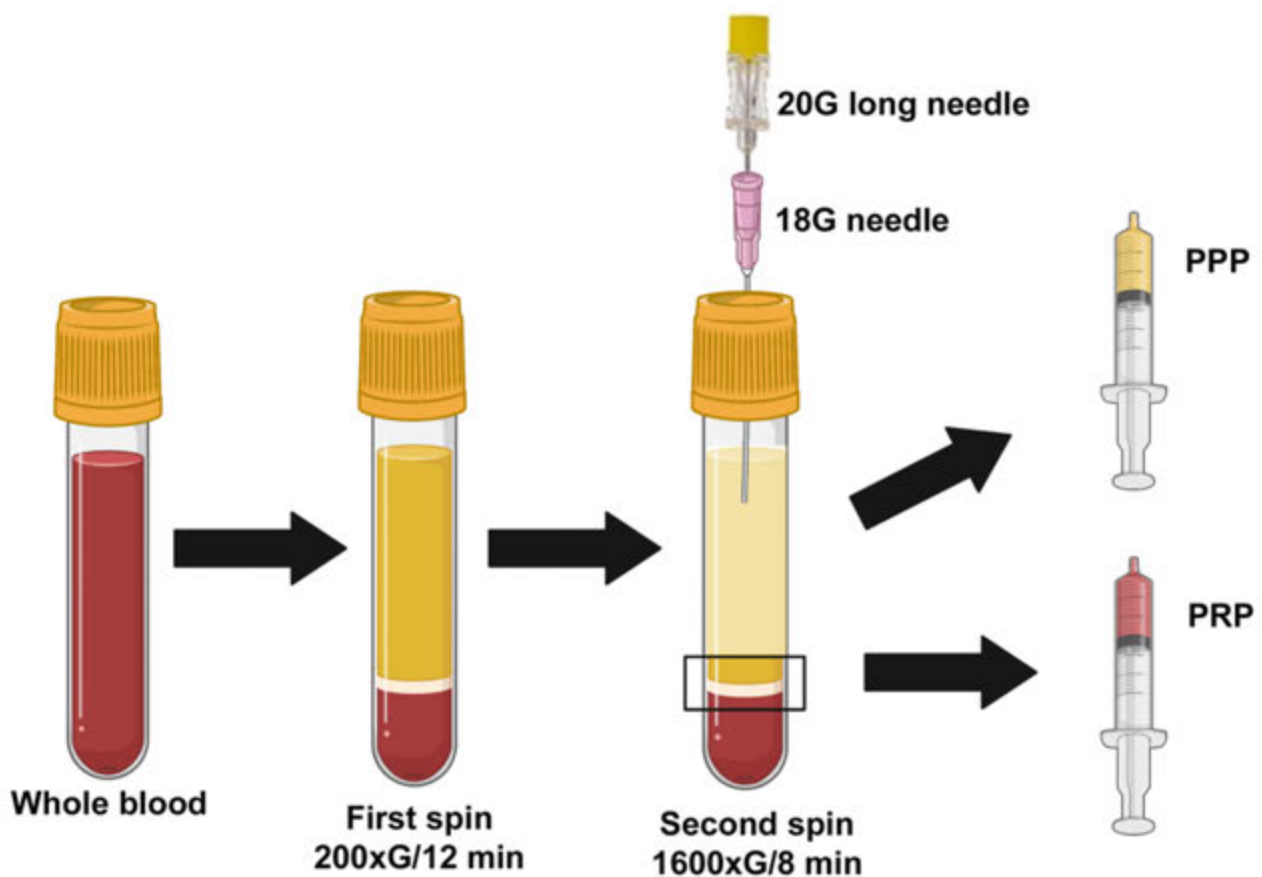
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WHAT IS PRP?

Platelet Rich Plasma (PRP) is an innovative treatment using the body's natural healing process to accelerate and enhance healing.

PRP is an autologous blood derivative – it is a component of blood from the same patient that it is used to treat. PRP can overcome pain and loss of function due to musculoskeletal injuries and osteoarthritis.

WHAT DOES THE PROCESS INVOLVE?

After assessing you, A nurse will take your blood (like a normal blood test), which will be spun in a centrifuge to isolate the plasma component. Platelet Rich Plasma (PRP) is activated. Then the PRP is injected directly into the site of injury. The process will take around 45 minutes to one hour. Local anaesthetic is injected 15-20 minutes before or at the same time with PRP injection depending on the injury.

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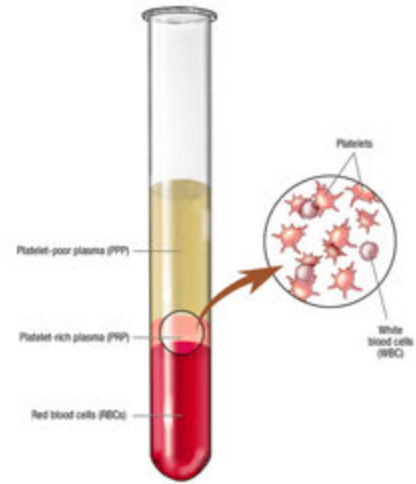
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HOW DOES IT WORK?

The growth factors and platelets in the plasma promote cells to multiply and form new tissue accelerating and enhancing the healing process. PRP contains a much higher concentration of platelets than normal blood. This means that higher concentrations growth factors are being released into the injured area. When compared to cortisone injections, PRP shows better results and lasts much longer. While the effects of cortisone rapid, they are often followed by a decline in condition. PRP shows slower but greater long-term improvement and less injury recurrence.



WHAT CAN BE TREATED WITH PRP?

- Osteoarthritis
- Degenerative Knee conditions
- Muscle tears
- Bursitis
- Ligament and tendon injuries (including tennis or golfer's elbow)
- Cosmetic (Hair and Face)
- Gynaecological Conditions
- Rotator Cuff

HOW TO PREPARE FOR YOUR APPOINTMENT?

Please drink plenty of water and eat healthily prior to treatment. Avoid smoking if possible, fatty foods, Coffee and alcohol. Anti-inflammatory drugs (e.g. Cortisone, nurofen celebrex) should not be taken for 2-3 days before and after the treatment. For even greater results, take advantage of the hyperbaric chamber facility available at the Zen Clinic.

POST TREATMENT?

Following the first PRP treatment, you if you may be provided with exercises and advise specific to your injury/problem areas. We suggest undergoing a rehabilitation program with regular therapist or you are welcome to see the Zen Sports Therapist. Improvement will be a gradual process over the days to weeks following your treatment. Anti-inflammatory drugs (e.g Cortisone, nurofen celebrex) should not be taken for 2-3 after the treatment.

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