



California Wellness Institute

Urologists & Anti-Aging Physicians located in Brentwood, Los Angeles, CA & Palm Desert, CA

If you have a painful injury or degenerative condition or are unhappy about signs of aging, you may benefit from platelet-rich plasma (PRP) therapy. Eugene C. Rajaratnam, MD, a board-certified urologist, and anti-aging specialist, offers PRP injections at California Wellness Institute in Los Angeles and Rancho Mirage, California. Call California Wellness Institute today or make an appointment online to learn more about platelet-rich plasma and if it's right for you.

□

Platelet Rich Plasma (PRP) Q & A

What is platelet-rich plasma (PRP)?

Platelets are one of the solid components of your blood. They're critical to your blood's ability to coagulate and clot. Additionally, they're rich in growth factors and proteins necessary to repair and regenerate cells for tissue repair.

Platelet-rich plasma (PRP) therapy harnesses the regenerative power of your platelets and directs it toward injured or damaged tissue causing you pain or interfering with your quality of life. At California Wellness Institute, Dr. Rajaratnam injects a PRP-rich serum derived from a sample of your blood into your body to stimulate your ability to heal your tissues.

What conditions benefit from PRP therapy?

While medical researchers are still studying the benefits of PRP injections, Dr. Rajaratnam may recommend them for a variety of conditions, including:

- Damage to muscles, tendons, and ligaments
- Osteoarthritis and other types of joint pain
- Hair loss
- Skin damage
- Back pain
- Neck pain
- Sexual dysfunction

You may also benefit from PRP therapy after surgery to accelerate your healing process and recovery.

What happens during a platelet-rich plasma treatment?

Dr. Rajaratnam begins with a consultation and exam at the California Wellness Institute to determine if platelet-rich plasma injections are the right treatment for you. Each PRP session takes a couple of hours, and you may need a series of treatments to achieve the desired results.

When you have PRP treatment, Dr. Rajaratnam begins by drawing a blood sample. Then, he separates the different parts of your blood by treating the sample in a centrifuge. Dr. Rajaratnam combines your platelets and plasma to create a serum that includes 5-10 times more platelets than a regular blood sample.

Then, when the preparation is complete, Dr. Rajaratnam prepares you for the injection. Depending on the location receiving the PRP, he may provide a local anesthetic to ensure your comfort during the injection. Finally, he injects the PRP serum into your body.

The flood of platelets provides your body with an abundance of the growth factors needed for tissue repair, which stimulates and accelerates your healing response. You may have some swelling and tenderness as your body's healing response kicks in. However, within

the next couple of weeks, you should notice an improvement, for example, less arthritic pain.

If you want to know more about platelet-rich plasma and how it can reduce your pain and improve your quality of life, call California Wellness Institute or schedule a consultation online today.

