

UNDERSTANDING AND PREPARING FOR PRP THERAPY

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INTRODUCTION

The field of biologics continues to gain traction in the treatment of musculoskeletal disease.

Biologics refers to products such as tissue, cells, and molecules made by those cells (i.e. growth factors) that hold promise in terms of their ability to aid in tissue healing and regeneration.

One such FDA-approved treatment is **autologous platelet-rich plasma (PRP)** therapy.

Autologous means that your own cells are introduced into the symptomatic joint or soft tissue to wake up the molecular signaling necessary for repair and regeneration. Use of autologous cells eliminates much of the concern regarding disease transmission or allergic reaction.

Platelet-rich plasma (PRP) is the plasma component of blood that has been prepared to maximize the concentration of platelets and their associated growth factors. PRP can be obtained from a peripheral vein blood draw.

WHEN TO CONSIDER TREATMENT WITH BIOLOGICS

Patients seeking an alternative to surgical treatment for early to mid stages of arthritis or certain joint or soft tissue injuries may be candidates for PRP therapy.

One of the most highly touted benefits of biologics therapy is its potential for repair and regeneration. This characteristic is in stark contrast to steroid injections, which have a strong anti-inflammatory effect, but do not repair or regenerate, and in some cases can actually lead to tissue degeneration.

Many patients who are considering biologics therapy are deciding between it and surgery. PRP therapy is minimally invasive and relatively low risk compared to surgery, making it an attractive option to many patients. One always has the option to fall back on surgery if biologics fail to alleviate symptoms and/or improve function. **There is now evidence to support its use in tennis and golfer's elbow.**

Not everyone is a candidate for PRP therapy. For example, patients with severe arthritis are generally considered to be beyond the point of responding to this treatment. Patients with active cancer or infection, or patients with certain chronic medical conditions, are contraindicated for PRP therapy to treat musculoskeletal disease.

PREPARING FOR YOUR PRP INJECTION

For at least one (1) week prior to your scheduled treatment, optimize your nutrition and metabolic state:

___ Cut out all refined sugar and processed foods. Limit intake of gluten and other pro-inflammatory foods.

___ Do not consume any alcohol.

___ Avoid anti-inflammatory medication.

___ Keep up your athletic or physical activity. If you are sedentary, choose a low impact form of exercise such as brisk walking or swimming to help stimulate growth factors while avoiding injury. If you have any chronic medical conditions, check with your primary physician before altering your activity level.

__ Get plenty of rest.

In order to keep offering patients treatment that is evidence-based, it is important that we track patients' response to treatment in a way that is scientifically measurable and based on patient-reported response to treatment. As such, my office may coordinate access to the Surgical Outcomes System, a secure, online database where you will be asked to report your symptoms and level of function before and at several time points (6 weeks, 3 months, 1 year) after treatment. All of the collected information is protected and de-identified for your privacy.

WHAT TO EXPECT ON THE DAY OF TREATMENT

My office will prescribe pain medication to be taken one hour before the scheduled procedure.

My team will position you to allow for a peripheral blood draw.

Once I obtain blood, the whole blood volume will then be placed in a centrifuge, which serves to separate the desired PRP cells into a richly concentrated layer. You may wish to bring something to read while the cells are processed (25 minutes).

My team and I will then reposition you to allow imaging and access of the joint or area to be injected.

After sterile preparation of the area, I will deliver the PRP by injection, using ultrasound guidance as needed.

The entire process will take approximately 1 hour.

AFTER TREATMENT

Some degree of discomfort or pain is expected at the treatment site for about 1 week. You can resume your usual activity after a few days.

Avoid anti-inflammatory medications for 4 weeks after treatment.

It will likely be 3-6 months from the time of treatment before response to the treatment can be assessed.

Depending on your early response to treatment, I may recommend a "boost" of treatment with PRP.

COST

Platelet-rich plasma (PRP) injections are a cash-based service not covered under insurance or Medicare.

I offer PRP for \$1000.00 per treatment of a single area. This price is inclusive of supplies necessary for harvest, preparation, and delivery, as well as my professional service fee. Payment is due in full at the time that services are rendered.

Please call (561) 746-7686, email office@pbhts.com, or message us through the portal if you wish to schedule treatment or an appointment to discuss this treatment option further.