

## What is PRP?

Platelet Rich Plasma (PRP) is concentrated from your own blood which contains healing factors, such as white blood cells and bioactive proteins, called growth factors and stem cell markers. These cells are vital for tissue regeneration and repair. Platelets, once thought of being responsible only for clotting, have been scientifically proven to be a reservoir of these vital healing components. With advanced techniques we are able to concentrate these regenerative healing cells in a simple outpatient setting.

- Minimally invasive
- Minimal to no down time
- Speeds up and promotes healing
- Natural and organic, autologous from your own body
- Less side effects when compared to steroid injections or surgery

A Patients Guide To

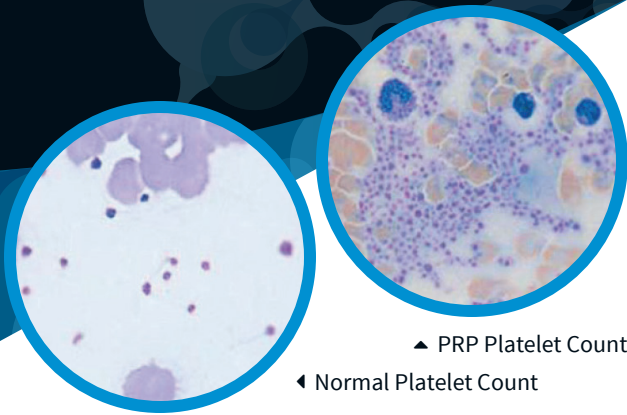
# PRP

## PLATELET RICH PLASMA THERAPY



# FORMULATE SPECIFIC PRP FOR SPECIFIC CONDITIONS.

PRP can be processed with virtually no red blood cells, low red blood cells, enhanced neutrophils, growth factors, granulocytes, low acidity, and/or super concentrated PRP.



PRP formulations can now be processed with more control and flexibility. White blood cells, proteins, growth factors and stem cell markers can be added or removed from a sample to best treat your condition. Platelets are considered concentrated when at least 4x of platelets is obtained. But to have a higher chance of being therapeutically beneficial, many PRP injections are 6x, 12x, and even 18x concentrations for many injuries and illnesses. These advanced techniques allow us to treat more patients more effectively.



## WHICH PRP IS RIGHT FOR YOU?

A Platelet Rich Plasma with very low red blood cells or neutrophil granulocytes, making it the preferred protocol for a non-inflammatory PRP. This is the most frequently used protocol.

### Neutrophil Rich

Processes PRP with low red blood cell counts and enriched neutrophil concentrations.

Richly nourished with platelets, growth factors, granulocytes and other cytokin mediators. All of which work together to promote active tissue repair.

## Recovery and Post Treatment Care

Any anesthesia used generally wears off in 1-2 hours. Initially, pain and swelling may occur at the injection site. Patients can apply ice and elevation as needed. Use the area as tolerated since restricting movement for an extended time can cause stiffening. Pain medication will be prescribed if needed. Most patients are able to return to usual activities with NO down time. Consult with your physician for best post injection protocol.

## Healing Process

The healing cascade takes 4-6 weeks to signal for Stem cells and regenerative cells to repair and rebuild the damaged tissue. Patients can expect to see significant improvement in symptoms and many report a gradual improvement return of function. Two to three treatments may be needed to obtain optimal results.

## Obtaining PRP

A small amount of peripheral blood is taken from the patient and placed into a FDA medically approved container. This sterile disposable container is placed in a specialized centrifuge for spinning to separate the whole blood sample into 'layers' of platelet rich plasma (PRP) and red blood cells. The PRP layer is aspirated from the red blood cells and is injected or applied, under sterile conditions, into the localized area of abnormality.

30min  
Procedure

4-6wk  
Healing Process

No  
Downtime

FDA  
Cleared