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### **Platelet Rich Plasma (PRP)**

#### **What is PRP?**

Platelet rich plasma (PRP) is a natural therapy prepared from your own blood. After obtaining a 10cc blood sample from your arm the blood is then put into a centrifuge. The platelet rich plasma is then obtained and injected into the affected area or tendon.

#### **How does PRP work?**

PRP contains growth factors which allow the natural repair of damaged tissues.

#### **Can I have PRP if I already had an injection?**

If you have had a steroid injection in the last six months you may need to wait to have a PRP injection. Please discuss this with Dr. Van Boekel.

#### **What can I expect post PRP?**

Post injection you can expect an increase in pain for 48-72 hours.

If there is redness, fever or swelling then you should seek immediate medical attention to rule out infection.

Active range of motion is encouraged during the first 48 hours. Avoid impact/repetitive activity for 48-72 hours.

Tylenol may be used for pain control but anti-inflammatories such as Advil, ibuprofen and Aleve should not be used for 7 days. Ice may be used every 2 hours as needed for pain control. It is best to avoid ASA for three days before the injection and for one week after. If you are on ASA please let our office know so we can advise you regarding your ASA.

Post PRP injection you can expect pain relief after day 10 and it should last for 6-12 months. Sometimes a second injection is required at 1-2 months after the first injection to improve results.

Ensure you have a follow up appointment 4-6 weeks post injection to review your results.