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## **PLATELET RICH PLASMA (PRP) INJECTIONS**

### 1) WHAT IS PLATELET RICH PLASMA (PRP) AND HOW DOES IT WORK?

Platelet rich plasma (PRP) is a form of isolated materials from the patient's own blood. It utilizes platelets found within the blood to help heal and reduce inflammation. It has been found to be effective for different conditions including osteoarthritis and chronic tendonitis or tendon injuries.

It works by taking a sample of the patient's own blood and isolating the platelets out of the blood using a centrifuge machine. Once the platelets are isolated they can be injected back into the patients effected tissue or joint to allow for healing and pain reduction.

### 2) WHO IS A GOOD CANDIDATE FOR PRP?

PRP has been found to be most effective on patients younger than age 60 with mild osteoarthritis and a body mass index (BMI) less than 30. If patients are older than 60, have more severe osteoarthritis, and or a higher BMI, then the injection may be less effective.

### 3) DOES PRP REALLY WORK?

Several studies have now been published showing the effectiveness of PRP in patients with osteoarthritis. Based on surveys taken by patients prior to and 5 weeks following the PRP injections, there was reported improvement in both pain and function. It was also found that at both 6 months and 1 year after injections patients were still experiencing improvement in their symptoms. Studies have also shown that the average length of time the injections are effective is 9 months. Also, when comparing patients that were given PRP with those given viscosupplementation ("joint grease" injections, Synvisc, Orthovisc), the patients that were given PRP had greater pain relief.

### 4) HOW MANY INJECTIONS WILL I NEED?

There is no current answer for the correct number of injections. Typically, one injection is given. However, a second injection can be given at 21 days to potentially increase the effect. In addition, giving 3 injections one week apart, similar to viscosupplementation treatments, has been shown to be extremely effective.

5) ARE THERE ANY SIDE EFFECTS?

There can be some local soreness from the injection. In addition, any injection has the small risk of infection. There is the potential for unknown side effects from the injection.

6) WHAT IS THE COST OF THE INJECTION?

Because the injection is not FDA approved, it is not covered by insurance. The cost of a single injection to cover the procedure and injection material is:

ONE KNEE	\$ 900.00
BOTH KNEES	\$ 1,100.00

This cost must be paid in advance of the injections. Any additional treatments will have the same cost.

7) HOW DO I SCHEDULE AN INJECTION?

All injections must be schedule through **Desiree Donahue at (267) 831-0444**. They are only performed at certain times in our Bryn Mawr or Chalfont office location.

8) WHAT HAPPENS ON THE DAY OF THE INJECTION?

The injection is similar to a normal office visit. You do not need to do anything special in preparation of the visit. A blood draw is performed by our staff. The blood is then spun down in a centrifuge. The Platlet Rich Plasma is then injected into your knee, similar to a cortisone or viscosupplementation injection. The appointment takes approximately 30 minutes. You are permitted to return to work or normal activity following the injection.

Reference material:

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