

## Platelet Rich Plasma (PRP) Injections

### What is PRP?

PRP is a technique in which blood is extracted from a vein (similar to a blood test), then spun down in a centrifuge to extract the plasma layer which consists of platelets, proteins, and growth factors. This plasma (PRP) is then injected into the affected area. As the platelets adhere, they release a variety of factors which may improve tissue healing and help inflammation/pain.

### How do I prepare for the procedure?

It is **very important** to follow these directions for optimal preparation of the PRP, as once the kit is paid for and opened it is non-refundable.

- Arrive well hydrated. Please drink 6-8 full glasses of water or decaffeinated fluids throughout the day prior to your appointment. You do not need to hold your bladder.
- Discontinue the use of anti-inflammatories for one week prior to your PRP appointment. If you take Aspirin for cardiac reasons, please continue taking this.
- Come prepared to ride the exercise bike once you check in. If you are unable to do this, we will alter the exercise upon arrival. If it is cold outside, please wear a warm sweater.
- If you have had problems with blood draws in the past, please notify the physician as PRP may not be the best option

### What will happen during the procedure?

Once you arrive, check in at reception. You will be directed to our exercise bikes where you will ride for 10-15 minutes. The nurse will come get you following this and perform a blood draw from your arm. This blood is then spun down in the centrifuge to separate the plasma. Once ready, the physician will inject the affected area. This entire procedure will take 45 - 90 minutes depending on what type of PRP the physician has recommended. Unless specifically indicated, you can drive post injection.

### What can I expect afterwards?

Some people report mild - moderate pain in the injected area for the first few days. If needed, you can take Tylenol for the pain. However, if you are concerned please contact our office and ask to speak to the PRP nurse (250) 940 - 4444. Results often take 6-8 weeks to develop and do vary from person to person. We will want to see you back for a follow-up appointment at this time to adequately assess your response to the therapy. This will be booked after the injection depending on the physician's preference.

### Are there any limitations after the injection?

We ask that you decrease your activity for a couple days to a week after the injection. Continue to **avoid** anti-inflammatories for two weeks. You will also receive a hand out from the nurse on more specific instructions at the time of your injection.

### **What are the risks associated with PRP?**

PRP is considered a low-risk intervention with minimal risks/incidences being reported. The highest risk incidence (less than 1%) is infection at the site of the blood draw or injection. Please call our office or go to your family doctor/walk in clinic if you are concerned that you may have an infection. You may also experience bruising from the site of blood draw, however this should resolve in a couple days.

### **What is the cost of a PRP injection?**

Cost varies and depends on multiple factors, such as, what machine/kit is being used and if ultrasound guidance is required. Majority of injections range from \$550 - \$1100. Please be aware that this cost is NOT currently covered by MSP. At the time of booking you will be notified of the cost depending on the doctor's recommendations and procedure requirements.

### **What are the two machines that centrifuge the PRP injection?**

**ACP-** is a double-syringe system that is used to facilitate the safe and rapid preparation of the PRP injection. It requires less blood (15 ml) to be drawn than the other PRP systems, reducing the time and resources needed to administer the PRP treatment. It is also a cost-effective system for concentrating growth factors for therapeutic use. This machine typically runs for 5 minutes and takes 15-20 minutes to prepare for prior to injecting the PRP sample.

**Angel-** is the only fully automated system that utilizes 3-sensor technology and one-button automation to prepare customized PRP. The Angel system has the capability to deliver platelet concentrations up to 18x baseline with adjustable leukocyte concentrations. This machine allows users to control the platelet, neutrophil and RBC levels in the PRP, making it possible to match them to the indication and needs of the patient. It requires more blood (40-180 ml) to be drawn than the ACP machine. This machine typically runs for 22 minutes and takes 20-30 minutes to prepare for prior to injecting the PRP sample.