Platelet Rich Plasma (PRP) Injection

What is PRP?

- Blood is composed of RBC (red blood cells), WBC (white blood cells), plasma, and platelets
- platelets accelerate the inflammatory cascade as well as healing
- A normal blood specimen contains only 6% platelets
- platelet rich plasma (PRP) contains a much higher concentration of platelets
- A PRP injection is generally recommended in the treatment of tendon or muscle injuries with a success rate of about 70% to 80%.
- Four to six weeks may be required for complete healing.
- Special precautions are required if you have any of following:
    - low platelet count
    - bleeding disorder
    - taking blood thinning medications
    - taking anti-inflammatory medications
    - allergy to local anesthetic agents
    - active infection
    - pregnant or breast feeding.

Procedure

- Your doctor will first draw 10 ml of blood from the large vein in your elbow. The blood will be centrifuged or spun to separate the platelets from other blood components and the platelet rich portion of the blood is then extracted.
- The injured part of the body is anesthetized with a local anaesthetic and PRP is injected into the affected area under ultrasound guidance.

After the procedure

- Following the procedure, you can resume your daily routine activities but avoid strenuous activities such as heavy exercise or lifting.
- You may experience some pain during the injection which may last for a couple of days. Cold compresses and pain medication may be prescribed for pain relief. Anti-inflammatory medications are to be avoided for up to 48 hours after the injection, as they can affect the platelet function.
- Risks and complications are rare but can include infection, nerve or blood vessel injury, scar tissue formation, and calcification at the injection site following a PRP injection.
- Call your doctor immediately in case of persistent pain or the development of any adverse reaction after the injection.