

What is a PRP (Platelet Rich Plasma) Injection?

PRP is a blood product (created from your own blood) that contains five to ten times the usual concentration of platelets and growth factors then your blood naturally carries.

The powerful mixture is injected, aiming to heal the damage in your joint and therefore provide for better function and pain relief.

A live X-Ray machine is used to locate the needle in the correct position and some contrast medium may be used along with it.

What conditions are treated with PRP injections?

- ✓ Knee osteoarthritis.
- ✓ Hip osteoarthritis.
- ✓ Shoulder rotator cuff tear.
- ✓ Tennis elbow (epicondylitis).
- ✓ Achilles tendonitis.
- ✓ Degenerative disc disease.
- ✓ Lumbar spinal arthritis.



For more Information & Videos

- prpinjection.com.au
- sydney spinepain.com

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Platelet Rich Plasma Therapy (PRP)



What to do before the procedure?

- ✓ Organise transport home with a family member or friend as you won't be able to drive for 24 hours following your procedure.
- ✓ You will be advised of your fasting and admission time.
- ✓ If you are on regular medication, you may take it with a sip of water on the morning of your procedure.
- ✓ Please tell your doctor if you are taking blood thinning medications because you might need to stop them.
- ✓ Continue ALL your pain medication as usual.
- ✓ If you are a smoker, you are required to stop smoking a minimum of 2 hours prior to your procedure.

What happens at the hospital?

1. When you arrive, you will be admitted to day surgery and changed into a gown.
2. Sedation is optional for this procedure but it is available and will be given by our Anaesthetist.
3. The procedure takes around 30-40 minutes.
4. Discomfort will be minimised by placing a local anaesthetic into your skin.
5. After the procedure, you'll be taken to the Recovery Room where you will rest.
6. **Keep in mind that you will be at the hospital for at least 3-4 hours in total.**

What should I expect after the procedure?

- There may be some bruising and increased pain for the next 48-72 hours, simple pain killers such as Panadol are recommended.
- Avoid nurofen and similar medication.

When to seek medical attention?

Contact your GP or Local Emergency Department, if you experience the following:

- Excruciating pain.
- Redness, heat, swelling or any purulent secretions in the area of the injection.

When should I come back for a follow up?

Usually in 3 to 4 weeks after the last injection.

When will I feel Pain relief?

PRP injections take some time to act. You may also need several courses of injections.

This varies from patient to patient however we estimate between 2 to 3 weeks



What activities can I do after the injection?

In the first 24 to 48 hours: We recommend that you rest and only participate in gentle activity.

Hot and cold packs may be applied to your injection site to help with the minor discomfort and swelling.

In the first 7 days: Please do not engage in vigorous activities such as running or weight training. However, daily activities are acceptable.

After the first 7 days: You may resume your rehabilitation program because this is essential for the overall success of the injection.

If the doctor has given you advice on diet and weight management please also keep these in mind.

How many injections do I need to have?

Patients usually require more than one course of injections.

In order to complete the treatment you will need a course of at least 3 injections.