



## Platelet Rich Plasma Injections

## Patient Information Sheet



### What are Platelet Rich Plasma (PRP) Injections?

Platelet activation plays a key role in the body's natural healing process. Platelet-rich plasma (PRP) therapy, uses injections of a concentration of a patient's own platelets to accelerate the healing of injured tendons, ligaments, muscles and joints. In this way, PRP injections use each individual patient's own healing system to improve musculoskeletal problems.



### What does the procedure involve?

As your own (autologous) blood is used, it is first collected by venesection, the same procedure used in blood tests or blood donations. This blood will then be spun down in a centrifuge to separate the components. The process takes 15 minutes. The platelet rich plasma (PRP) is then collected. The PRP will then be injected into your injury or pain site by of our highly trained Radiologists using Image-Guidance. Typically 2 or more injections are required, separated by 4-6 weeks apart. This may vary depending on your injury. For research fundings on this procedure visit [www.prpinjection.com.au/prp-research.html](http://www.prpinjection.com.au/prp-research.html)



### What injuries can be treated with PRP?

Your GP or specialist will refer for particular injuries. These may include:

- **Tendon:** Tennis elbow, Golfer's elbow, Jumper's knee (patellar tendinosis, Achilles tendinosis, Plantar fasciitis, Adductor or Gluteal tendons, other tendons.
- **Muscular:** Hamstring, Calf and Quadriceps and others.
- **Other injuries:** Trochanteric bursitis, Knee MCL tears, Knee osteoarthritis, Hip Osteoarthritis.



### Is any follow up required?

It is usual that you may feel some discomfort during and following the injection. If you experience persisting severe pain or an adverse reaction following the injection, please contact your GP.



### What are the risks?

Adverse effects are rare but as with any injection there is always the small risk of infection or injury to nerves or blood vessels. Scar tissue formation and calcification at the injection site are also possible. Please inform us if you have any allergies to medical equipment or medications particularly in relation to local anaesthetics.



### What costs are involved?

The PRP procedure is an out of pocket cost. Please phone our bookings team for a quote.

## Do I Need a Referral?

Yes. You will need to receive a referral from your GP, or you can contact our staff on 5330 3955 as you may be able to obtain a GP referral through Integrated Pain Management.

