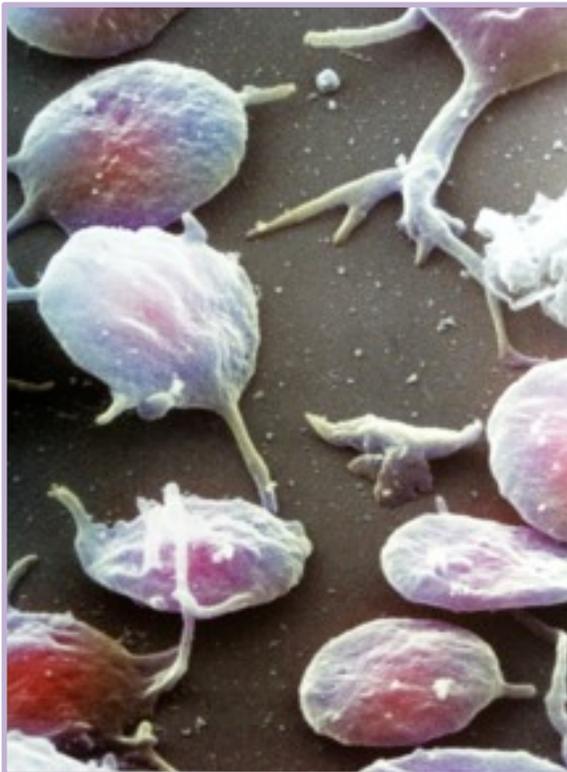


# AUTOLOGOUS PLATELET RICH PLASMA

Autologous platelet-rich plasma (PRP) is a relatively new biotechnology supported with over two decades of research in diverse areas. With its increasing use in musculoskeletal injuries, Orthopaedic Sports Medicine is the discipline in which the use of PRP has progressed most rapidly.

PRP treatment involves the injection of a small volume of your own plasma, directly at the site of injury. The idea is to restore the high mechanical performance and functional levels of the injured tissue in the shortest possible time.

Whole blood contains plasma, red and white blood cells and platelets. The platelet rich plasma is separated from the red and white blood cells which do not have a role in tissue healing. PRP is constituted of numerous highly concentrated growth factors secreted from large numbers of 'activated' platelets. The Growth factors are your own healing messenger proteins, stored within the blood platelets. These activated platelets are directed at facilitating and enhancing physiological wound healing and rapid soft-tissue, cartilage and bone regeneration.



Electron microscope photograph of activated Platelets

## RISKS?

There is a small risk if infection with any injection, the risk of infection is very low.

As following any injection procedure, the injected area may be tender, bruised or painful for a few days, depending on the site injected.

The risk of an allergic response to PRP or disease transmission is nil as the platelets are your own and are not mixed with any other component of human or animal origin.

**Do you have an allergy to local anaesthetic?  
Are you taking blood thinning medication?  
Do you have an active infection?  
Are you pregnant?**

# AUTOLOGOUS PLATELET RICH PLASMA

## Before your appointment

**We recommend you fast for 3 hours prior to blood withdrawal in order to reduce the fat content of your plasma (you may have small amounts of water).**

**Please avoid anti-inflammatory tablets (NSAID) including aspirin, two days prior and during the treatment period as they may counteract the action of the growth factors.**

## Cost of treatment

Single site injection (e.g. one knee) \$500

Bilateral site injection (e.g. both knees at the same session) \$600

Course of 3 injections  
Single site \$1300  
Bilateral sites \$1500

Ultrasound guided radiology costs, if needed, would be paid separately

## Post procedure

Rest the treated part for 24 hours post injection, you may drive and go back to office-type work straight away.

3-4 days off labor intensive work as advised by Dr. Mei-Dan

Take Paracetamol for post injection discomfort if needed.

Do not use anti-inflammatory medication (NSAID) during the treatment period.

## The treatment process

4-6 tubes of whole blood are drawn from a vein in your arm (the same as in a common blood test). You may then take 20 mins to have something to eat and drink while the sample is processed.

The blood is put through a process of centrifugation and separation of the different plasma fractions. The method we use for the separation of PRP (which is named PRGF, and was developed in Vitoria / Spain) is done under sterile conditions. The process end point is a tube containing the concentrate named PRP which is activated with the addition of calcium chloride before administration.

You then come back into the treatment room for the injection into the area to be treated e.g. the knee joint, hip joint, Achilles tendon. Depending on the area to be treated you may have the injection under ultrasound guidance. If the injured site is next to the skin (as opposed to a deep tissue layer) we do not use local anesthetic as it interferes with the PRP action.

Please allow 2 hours for the whole procedure and longer for ultrasound guided treatments.