

Platelet Rich Plasma (PRP)





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What is Platelet-Rich Plasma?

Platelet Rich Plasma, or PRP is blood plasma with concentrated platelets. The concentrated platelets found in PRP contain huge reservoirs of bioactive proteins, including growth factors that are vital to initiate and accelerate tissue repair and regeneration. These bioactive proteins initiate connective tissue healing: bone, tendon and ligament regeneration and repair, promote development of new blood vessels, and stimulate the wound healing process.

How does PRP Therapy work?

To prepare PRP, blood is taken from the patient and through a separating process, the components within the blood are isolated to produce the PRP. The entire process takes about 15-20 minutes. When PRP is injected into the damaged area it stimulates the tendon or ligament as well as causing mild inflammation that triggers the healing cascade.

What are the potential benefits?

Patients can see a significant improvement in symptoms. Healing times may decrease up to 50%. This may eliminate the need for more aggressive treatments such as long-term medication or surgery, as well as a remarkable return of function.

What can be treated?

PRP injections can be performed in muscles, tendons and ligaments all over the body. Some examples include: resistant fractures, muscle strains, ligament sprains, articular cartilage injury, acute tendon rupture, and chronic tendinopathy.

How many treatments are necessary and how often is this therapy administered?

While responses to treatment vary, most people will require a series of 1 to 3 injections. Each injection may be spaced several weeks apart. There is no limit to the number of treatments you can have: the risks and side effects do not change with the number of injections.

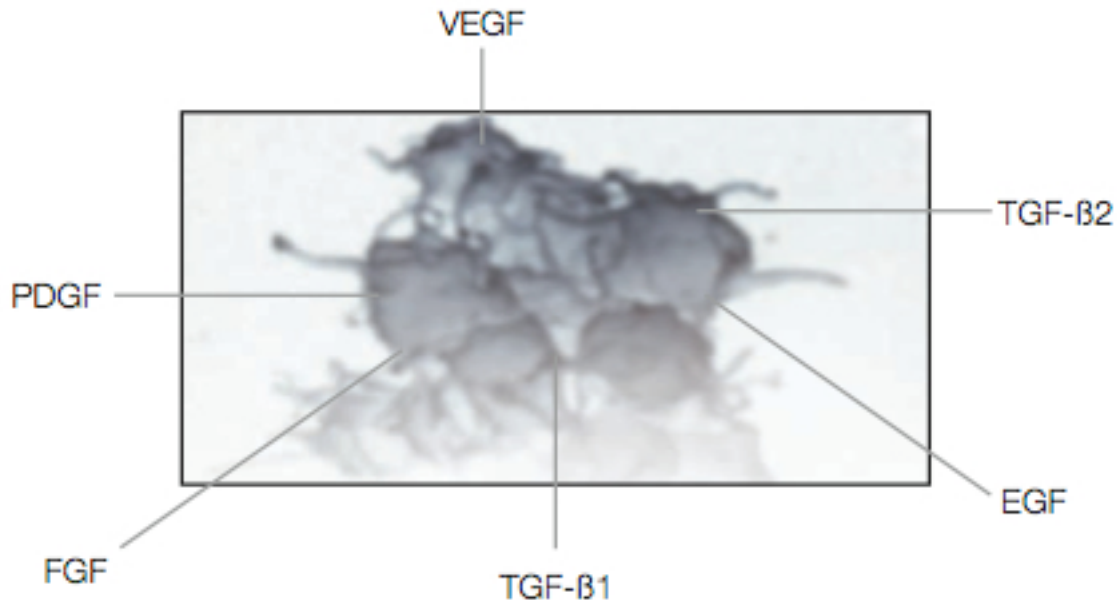
Is PRP right for me?

If you have a tendon or ligament injury and traditional methods have not provided relief, then PRP therapy may be the solution. The procedure is less aggressive and less expensive than surgery. It will heal tissue with minimal or no scarring, and alleviates further degeneration of the tissues. There will be an initial evaluation with your doctor to see if PRP therapy is right for you.

Will my insurance pay for this treatment?

Unfortunately, at this time most insurance companies consider this to be an investigational procedure and do not consider this to be a reimbursable expense. Although you will not receive recompense from your insurance company, we will submit a claim so that the data pertaining to the use of this treatment can be captured by the insurer and hopefully in the future will become a covered expense.

Why Platelets?



Platelets travel through the blood stream and when they become activated, growth factors are released and initiate the body's natural healing response.

Platelet Derived Growth Factor (PDGF-aa, PDGF-ab, PDGF-bb)

- Stimulates cell replication
- Promotes angiogenesis
- Promotes epithelialization
- Promotes granulation tissue formation

Vascular Endothelial Growth Factor (VEGF)

- Promotes angiogenesis

Epidermal Growth Factor (EGF)

- Promotes cell differentiation and stimulates re-epithelialization, angiogenesis and collagenase activity

Transforming Growth Factor (TGF-β1, TGF-β2)

- Promotes formation of extracellular matrix
- Regulates bone cell metabolism

Fibroblast Growth Factor (FGF)

- Promotes proliferation of endothelial cells and fibroblasts
- Stimulation of angiogenesis



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Pre-Procedure Instructions

1. Stop **blood thinners** (Coumadin, Aspirin, Plavix, etc) 7 days prior to procedure. This must be approved by your cardiologist or primary doctor.
2. Stop **anti-inflammatory** medications 5 days prior to procedure. You may use ice packs as a substitute. Apply ice packs to the affected area 3 to 4 times per day for 20 minutes each.
3. Please show up **early** as preparation time is needed prior to your injection.
4. If you have questions or need to cancel your appointment, please call **Mercedes Galvan** at 310-665-7252.



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Post-procedure Instructions

1. Daily medications may be taken normally as directed. Blood thinners (Aspirin, Coumadin, Plavix, etc.) may be resumed **24 hours** after the procedure.
2. Avoid anti-inflammatory medications for **one week** after the procedure.
3. Increased irritation in the affected area may occur after your PRP injection. This is part of the healing process. **Ice** the affected area three to four times per day for **20 minutes** for the next three days.
4. If there are any signs of an **infection** such as fever, persistent redness and/or swelling at the site of injection, call Dr. Yoon's office.
5. Avoid any strenuous activity for the next several days but continue to perform your **physical therapy program** as directed. If you do not have a home exercise program, you will receive instructions by your physical therapist at your scheduled appointment.

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