

**The Orthopaedic Foot & Ankle Center**

**WHAT IS PRP?**

PRP stands for **platelet-rich plasma injection**. Platelets, which are part of human blood, contain chemicals and proteins called **growth factors** that are involved in wound healing. The procedure uses blood plasma, including growth factors, from the patient's own blood to promote healing.

**INDICATIONS FOR USE**

- Plantar Fasciitis
- Peroneal Tendonitis
- Posterior Tibial Tendonitis
- Achilles Tendonitis
- Tendon/Ligament Injuries and Sprains
- Osteoarthritis
- Patellar Tendonitis
- Epicondylitis

**SCHEDULING**

- Patient will either call the office or schedule an appointment at check-out with one of our physician assistants.
- Cost of PRP injection is **\$750** (not covered under most insurance policies)
- Patient to **follow up in 6 weeks** for re-evaluation after receiving injection

**PRE- AND POST-INJECTION GUIDELINES**

- No corticosteroids for 2 to 3 weeks before the procedure
- **Discontinue anticoagulants and nonsteroidal anti-inflammatory drugs** (NSAIDs) such as Advil, Motrin, and Naproxen for at least one week before procedure and continue to refrain from them until further notice. **Tylenol (acetaminophen) is okay.**
- Increase fluid intake and limit caffeine intake in the 24 hours leading up to procedure
- **Do not use ice** to reduce inflammation after procedure
- Keep joint immobilized in a boot/brace **if instructed to do so**
- Continue to rest and avoid strenuous activity for several days following the injection

**HOW IT WORKS**

A sample of your blood is taken and processed in order to separate platelets and growth factors. This concentrated solution is then mixed with a buffer and anticoagulant before it is injected back into your injured tissue.

**In other words, using your own cells to repair your damaged tissue.**

