



PRP Only Injections
Tendonitis, Mild Arthritis, Soft Tissues and Sports Injuries

Background information:

Platelet-rich plasma is a fraction of your blood which contains a high concentration of platelets. These are known to contain large quantities of growth factors which attract stem cells and stimulate the healing damaged tissues. Clinical work over the last several years has established the safety and usefulness of platelet rich plasma (PRP) for tissue repair and healing in joints with mild to moderate osteoarthritis, resulting in reduced pain and improved function for many who have had this procedure.

Procedures:

Platelet-rich plasma is produced by drawing 60 mL (two ounces) of your own blood and placing it in a machine called a centrifuge. The machine spins the blood at a very high speed causing platelets, growth factors, and white blood cells to be separated from the rest of the blood products. It is this concentration of platelets and growth factors which are injected into an arthritic joint. Once introduced into the injured site, the platelets release additional growth factors, signaling proteins to attract more stem cells to the area. This directs the tissue repair and healing process. As this is a gradual repair process, it takes weeks to months to occur. The final products are injected in sequence into the arthritic joint. Enough material is harvested to allow injection into two major joints at the same appointment.

Approximately 4 weeks after your initial injection, you will return for a follow-up visit. Another injection of PRP to the same joint will be required, followed by a final injection of PRP another 4 weeks later. These PRP follow-up injections may include Human Growth Hormone, which provides additional signals for tissue repair and healing.

If you are taking any anti-inflammatory medicine, such as Motrin/Advil (ibuprofen), Aleve (naproxen), Celebrex (celecoxib), Pradaxa (anticoagulant) or Voltaren (diclofenac), please discontinue 2 days prior to treatment and for 7 days after. If you are taking 81 mg ASA, you may continue with this. If you are on Warfarin (coumadin) or other blood thinners, be sure to discuss this with Dr. Pagdin before booking your procedure. You may take your other prescription medicine as you normally would. Make sure to drink plenty of water (8-10 glasses) in the 24 hours prior to your treatment. No fasting is required.

After your treatment, you will be numb in the areas of the procedures for approximately 2 hours. Due to numbness, please refrain from any strenuous activity. Once the anesthesia wears off, you may resume activities as tolerated. Physical activity will in no way hinder the treatment and may actually benefit the recovery phase. You may not resume anti-inflammatory medicine until 7 days after your treatment.

Cost:

These procedures are not covered by third-party insurance and are the responsibility of the patient.

- Tendonitis and Mild Arthritis – PRP \$1000 – 1-hour procedure
 - A deposit of \$200 is required when the appointment is booked
 - The deposits are non-refundable if the appointment is cancelled without providing 48hrs notice from the time of the appointment. 48hrs does not include weekends.

You may need 1-2 additional injections after this procedure 4 weeks thereafter, at the cost of \$800 per injection.

For any questions, please call Dr. Pagdin's clinic at (250) 717-3200, or email info@pagdinhealth.com

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