



S O U T H W E S T
Spine & Sports

Regenerative Injection Therapy with Platelet Rich Plasma

What is Platelet Rich Plasma (PRP)?

Plasma is the liquid portion of your blood and is primarily composed of water, but also includes proteins, nutrients, and other elements that it can distribute throughout the body. Platelet Rich Plasma (PRP) is a sample of the patients' own plasma that is concentrated with platelets (for clotting) and white blood cells (for fighting infection).

PRP is obtained by drawing a small sample of blood from the patient and removing the red blood cells and plasma. This technology yields a high concentration of platelets and white blood cells that is 5-7 times greater than normal. The separation is done in advance at an outside facility and is ready to use at the time of injection.

What is Regenerative Injection Therapy?

Regenerative Injection Therapy utilizes your body's own bioactive proteins, also known as growth factors, to replace, repair, and regenerate tissue. Platelet Rich Plasma is used to deliver the growth factors directly to the pain-initiating site.

When tissue injury occurs, platelets collect at the site of injury and begin the clotting cycle. More importantly, these activated platelets release numerous growth factors that are directly responsible for tissue regeneration. Therefore, by increasing the concentration of platelets, we can deliver a powerful mixture of growth factors directly to the injured tissue and dramatically enhance the body's natural healing process. This treatment may result in a more rapid, efficient, and thorough restoration of the tissue to a healthy state.

What conditions does this procedure treat?

PRP has been used for over 20 years in numerous surgical fields to enhance bone grafting, accelerate wound healing and reduce the risk of infection after surgery. In recent years, physicians have begun injection PRP to treat chronic pain. Tennis elbow, plantar fasciitis, Achilles tendonitis, rotator cuff tears, meniscal tears, osteoarthritis and chronic low back and neck pain are all being successfully treated with the injection of PRP [with the goal of regenerating degenerated connective tissue].

What is the typical procedure?

Musculoskeletal Ultrasound is used to properly identify the area of injury. A local anesthetic will be applied to the area followed by PRP injection with ultrasound guidance to ensure that the appropriate target is reached.

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What can I expect following the injection?

Following the Injection, an “achy” soreness is often felt at the site of injury. This soreness is a positive sign that a healing response has been set in motion. This effect can last for several days and gradually decreases as healing and tissue repair occurs. It is important that anti-inflammatory medications such as Ibuprofen, Naproxen and Aspirin be avoided following PRP treatments. These medicines may block the intended effects of the healing response. It is acceptable to use Tylenol and apply ice and elevation as needed. The patient will be permitted to resume normal day to day activities and light exercise following injection. We suggest avoiding strenuous lifting or high level exercise for at least several days after the injection.

A Regenerative Treatment is not “quick fix” and is designed to promote long-term healing of the injured tissue. The regeneration of collagen takes 4-6 months and may require multiple injections. For most cases, 1-3 injections is required at 4-6 week intervals. Pain and functional recovery will be assessed 2-3 weeks after the injection to determine further therapy needs.

What are the risks involved?

Clinical Research shows that PRP injections are extremely safe, with minimal risk for any adverse reaction or complication. Because PRP is produced from your own blood, there is no concern for rejection of disease transmission. There is a small risk of infection from any injection into the body, but this is rare. Research suggests that PRP has an anti-bacterial property which protects against infection.

Pre-Procedure Instructions for Plasma Injections

- Please stop all aspirin, aspirin products, and all nonsteroidals – except Celebrex– 5 days before the procedure. Examples of nonsteroidals that need to be stopped are: **Motrin, Advil, Naprosyn, Naproxen, Aleve, Indocin, Lodine, Orudis, Relafen, Daypro, Tolectin, Mobic, Torodol, Voltaren, Trilisate, Dolobid, Arthrotec, Ibuprofen, Diclofenac and Clinoril.**
- If you have questions regarding these types of products or their discontinuation, you should discuss this with one of our staff.
- If you take fish oil or Vitamin E supplementation, please stop these 5 days prior to the injection.
- If you take **Coumadin, Heparin, Lovenox, Warfarin, Pradaxa, Debigatran, Orgaran, Innohep, Fragmin, Argatroban, Plavix, Effient, Prasugrel, ReoPro, Ticlid, Trental, Persantine,** or any other **blood thinner**, notify your doctor. This medication must be discontinued prior to an injection and requires permission from the provider prescribing it.
- Do not eat 6 hours or drink 2 hours prior to the procedure. You may take routine a.m. medications with a small amount of water.
- Please wear comfortable, loose fitting clothing with an elastic waist band such as gym shorts, sweats, or pajama bottoms. Please do not wear jeans. Due to the use of betadine, please if possible wear dark colors.
- You may be requested to obtain laboratory work and an EKG prior to your procedure. This will be discussed and ordered, if necessary, at the pre-procedure appointment with your provider.
- For your safety, you must have a responsible adult to drive you home. Failure to have a driver may result in the cancellation of your procedure. Taxis are not permitted.
- If you have any problems, please contact our office directly to speak with a medical assistant.
- You will need to schedule a follow-up appointment for approximately 10 days to 2 weeks after your procedure. If this is not already scheduled please contact our office to schedule immediately.

Date of procedure: _____ Arrive at: _____ a.m./p.m.

<p>Gateway Surgical Center 690 N. Cofco Center Court Suite 150 Phoenix, AZ 85008 (602) 288-4441</p>	<p>NSASC 9439 E Ironwood Square Dr. Suite 100 Scottsdale, AZ 85258 (480) 355-3750</p>	<p>Tempe Surgical Suite 4765 S Lakeshore Dr. Tempe, AZ 85282 (480) 860-8998</p>
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Post Spine Procedure Instructions and Follow-up Orders

- Your activity level following your injection should be at the following levels:
 - Day of Injection:** We recommend no new activities. You should rest the day of the procedure. You can participate in all previous activities, but do this at a level of 25% of your usual effort. Avoid sustained sitting or standing and alternate your positions on a regular basis (about every 20 minutes).
 - Day 2:** 25% to 50% of your usual activity level.
 - Day 3:** Up to 75% of your usual activity level.
 - Day 4:** After Day 4, activity is unrestricted as tolerated. If your physician gives you specific instructions or you have physical therapy, please follow these.
 - **Medications:**
 - Resume aspirin and other anticoagulants the first day after the injection.
 - Resume your other medications as per your physician's previous directions.
 - Should you have fever, chills, drainage, excessive swelling or redness from the injection site, bladder or bowel dysfunction, or change in sensation or muscle strength, please contact our office immediately. If you cannot reach your physician, please present to the nearest emergency room.
 - The bandage may be removed after 24 hours.
 - You may shower immediately, but please avoid swimming or baths/Jacuzzis/hot tubs for the first 2 days after the procedure, to reduce the risk of infection.
 - You may use ice compresses over the injection site – 20 minutes on, then 20 minutes off. Repeat this cycle as required. If using a gel pack, make sure a towel or piece of cloth is placed between the cold pack and the skin. Do not apply the cold packs to the numb areas following injection.
 - Common side effects following the procedure include:
 - Decreased pain and possibly some numbness for 4 to 8 hours due to the local anesthetic.
 - Pain at the injection site.
 - A small amount of bleeding at the injection site.
 - Back stiffness.
 - If a steroid medication was used during the procedure, possible side effects include facial flushing, insomnia, and occasionally a low-grade fever.
- All of the side effects listed should disappear within 1 to 3 days after the procedure.
- If you experience a post-procedure headache, please contact our office. For the first 24 hours, lie down as much as possible. You can take Tylenol up to 3 grams per day in doses of 1 gram every 8 hours. Drink plenty of fluids in the form of caffeinated beverages. The caffeine will often minimize the headache substantially. If you continue with headaches after 24 hours following the procedure, please contact our office.