thesandford
dental implant & cosmetic centre

PLATELET RICH PLASMA PATIENT INFORMATION LEAFLET

1. What is PRP?

Platelet rich plasma (PRP) is blood plasma with concentrated platelets (the body's "repairmen" for damaged tissue).
The concentrated platelets found in PRP contain growth factors that are vital to initiate and accelerate tissue repair and regeneration. These bioactive proteins initiate connective tissue healing and repair, promote development of new blood vessels, and stimulate the healing process.

2. How does PRP therapy work?

Blood will be taken from you and then placed in a machine that spins at high speed to separate the different types of blood cells. The doctor/dentist will extract the platelet rich part of the blood. The entire process to prepare your blood takes about 15 minutes and increases the concentration of platelets and growth factors at the site of injury by up to 500% (you will have five times the normal number of platelets/growth factors)

3.What are the indications to have PRP injections?

PRP is a new treatment used for some common orthopaedic conditions like:

- Tennis elbow (or lateral epicondylitis) is pain on the outer side of the elbow caused by inflammation in a forearm muscle tendon. Tennis elbow is the result of repeated bending and twisting movements of the forearm, such as when playing tennis, using a screwdriver, wringing wet clothes or carrying buckets. The strains, initially painless, cause small tears in the tendon. As they start to heal, more tears occur and painful inflamed scar tissue forms.
- Golfer's elbow (or medial epicondylitis) is pain on the inner side of the elbow caused by inflammation in a forearm muscle tendon.
- Impingement syndrome of the shoulder - the sub-acromial area lies between the top of the arm bone (humerus) and a bony prominence on the shoulder blade (acromion). The coracoacromial ligament completes the arch. A muscle and fluid filled cushion (bursa) lie between the arm bone and acromion. With certain movements and positions these structures can become pinched and inflamed
- Plantar fasciitis- chronic foot pain
- Patella tendinosis - knee tendon injury
- Achilles tendinosis- commonly following ankle sprains/fractures
- Any chronic tendinopathy or ligament injury

4.What are the potential benefits of treatment?

The main benefit is that patients can see a significant improvement in symptoms. This treatment may eliminate the need for more aggressive treatments such as long term medication or surgery, as well as a remarkable return of function and a much shorter recovery time.
A major advantage of this treatment is that no foreign substance is used – we use the patient's own growth factors from his or her own blood - so there is no risk of any disease transmission or allergic reactions.

5.What are the possible risks or complications of this procedure?

As with all invasive procedures there is a potential for complications. These are rare, but you should be aware of them beforehand. They include:

- Infection at the site of the injection
- An increase in inflammation and pain at the site of the injection
- Bleeding and/or bruising
- No relief or worsening of symptoms
- Skin discolouration
- Failure to achieve successful result
- Injury to the nerves or blood vessels
- Prolonged stiffness and or pain.

If you require further information about risks or complications, please discuss with the doctor/dentist before the procedure- this is very important!

6. How long will the procedure take?

The procedure usually takes around 30 minutes. Most of this time is separating the platelet-rich plasma from your blood sample.

7.What will happen after I am discharged?

- Pain: this the injected area (like elbow or knee) may well be sore for a period of 24 to 48 hours. You can take simple painkillers such as paracetamol, following the dosage instructions on the packaging.

It is recommended that you do not take anti-inflammatory medications (such as aspirin or ibuprofen) for up to a week before and for up to 4 weeks after the procedure. If you are unsure whether any regular medication you are on is anti-inflammatory, show it to your doctor/dentist so that they can advise you whether it is safe to take. This is very important!

- Activity and exercise: Only do minimal activity for the first three days after the procedure and resume light activity after a week
- Work – You may return as soon as you feel able - usually within a few days after the procedure. If your job involves manual work, stay off work for about a week. If you require a sickness certificate for your employer please discuss with your GP
- Driving – You may resume driving when you feel comfortable, usually within one week after your procedure

8. What are the alternatives to PRP?

- Surgery
- Anti-inflammatory drug therapy
- Steroid injections
- Physiotherapy

We recommend to discuss the alternatives above with your General Practitioner before making decision to have PRP injections