

THE
BONE & JOINT
CENTER

Orthopaedic Excellence. Exceptional Care.

PRP (Platelet Rich Plasma) Treatment
Frequently Asked Questions

What is PRP and how does it work?

Platelet-rich plasma is a preparation of your own blood that is spun in a centrifuge and concentrated. The platelets are the components of the blood that initiate the healing process and release growth factors and proteins that attract stem cells to the injured area. By concentrating the platelets, it accelerates the healing of the area.

How is PRP made and then delivered to the injured area?

Your blood is drawn from a simple blood draw from your vein. It is sometimes combined with a bit of anticoagulant to keep it from clotting. It is then loaded into the centrifuge and concentrated.

The doctor will use ultrasound or fluoroscopy to provide guidance in injecting the PRP into the injured area which may be a tendon, ligament, muscle, joint, or nerve.

What can be treated with PRP?

Many soft tissue injuries and degenerative or arthritic conditions can be helped with PRP. Chronic joint pains and arthritis as well as chronic tendinitis are often targeted. The success depends on many factors which should be discussed with your doctor.

Is PRP covered by insurance?

Most insurances do not cover PRP injections as they still consider them experimental. You should check with your individual insurance company regarding coverage. We charge between \$500-\$1000 depending on the type of PRP chosen and area treated.

Is there anything that can prevent me from being a candidate for PRP?

Individuals with anemia, low platelet counts, abnormal platelet function, ongoing or recurrent infections may not be able to have PRP. If you are currently undergoing treatment for cancer or are pregnant or breastfeeding, you should discuss your situation with your physician and medical care team.

What can be done to prepare for my PRP injection?

We recommend a balanced diet, low in fat and high in protein as well as lots of water leading up to the procedure. You should avoid NSAIDS (non-steroidal anti-inflammatory medications) for 5 days prior and 4-6 weeks after.

Is the procedure painful?

Pain from the injection is controlled by using a diluted anesthetic (lidocaine). Most patients experience a few days of pain after the procedure that is usually easily managed with heat or ice and acetaminophen or a prescription pain medication that your doctor will prescribe after the procedure.

If nerves or anxiety prior to the procedure is a problem, the doctor will offer to treat you with anti-anxiety medicine before the procedure. Please request this at least a week in advance.

How long before I can resume activity?

Usually activity can slowly resume after 2-3 days. Normal daily activity can begin with less pain at this time. Exercise can slowly resume at 2 weeks, cutting your distance and time by 50%. If you experience **pain**, please stop.

Will I be able to go to work/school after treatment?

Most patients are able to return to school or work the next day after treatment. Occasionally, we recommend you take off a day or two. Everyone is different and reaction to the treatment can vary.

Are there adverse effects?

PRP is quite safe and the main drawback is post-procedure discomfort. Occasionally, a patient may experience a mild fever, swelling of the injected area, body aches, and fatigue for up to 3 days. If you are concerned about a symptom, please call!

How many treatments will I need?

Our goal is 80-90% improvement in pain and function. We attempt to do this with as few injections as possible, but depends on the severity of the problem and can sometimes require up to 3 injections. This can be discussed with your doctor.

How long is the healing process?

We hope to see improvement at 6 weeks. Damaged or abnormal collagen (connective tissue) takes 9-12 months to completely heal.

If you have any additional questions about the procedure, please do not hesitate to call us!

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