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## Patient Information sheet. Tel 93861066

### Platelet Rich Plasma (PRP) Injection.

At Sydney X-ray Bondi Junction we have been performing blood injections “ autologous blood injections” since 2008 and PRP since 2010.

At Sydney X-ray this is most commonly done into a tendon for the treatment of pain at tendon and ligament attachments caused by inflammation or into tear defects. Also used for injecting into joints and muscles.

Inflammation of tendons is called tendinosis or tendonitis by doctors and sometimes have special names such as “tennis elbow” =lateral epicondylitis or “jumpers knee”= infra-patella tendinosis.

At the Sydney X-ray Bondi Junction radiology centre it is most commonly used for heel pain (plantar fasciitis) , Achilles tendon pain , knee-patella pain, side of hip pain(lateral trochanteric syndrome), elbow pain (tennis and golfers elbow)and buttock –hamstring pain ( ischial bursitis) .

All patients should have a diagnostic ultrasound or MRI and be referred by a doctor who is familiar with the procedure. Follow up evaluation by the referring doctor is important within 2 weeks of the procedure.

#### WHAT IS PLATELET RICH PLASMA (PRP)?

This is the safest drug you will ever have because it is your own blood which is taken from you and then spun down in a centrifuge and separated out so that the concentrated serum which contains all the platelets are in the filtered solution. This Platelet Rich Plasma is then injected.

#### WHAT IS NEEDED TO ENSURE SAFETY?

Your own specimens are labeled and given to your safe keeping until injected.

The injection is given under sterile conditions to avoid infection. Of course this cannot be guaranteed and is a theoretical risk which you need to understand before you sign the consent form for the procedure. To date, with well over 50 000 injections at this center over 15 years , there has not been a single documented case of infection. Let us hope you are not the first and we will take every care to prevent this complication. Care with giving the injection and the use of imaging guidance to visualize the needle is more likely to result in success and should be done by a doctor skilled at giving injections.



## **WHAT ARE PLATELETS AND WHY DO WE USE THEM?**

Blood contains many substances which we know promote healing. Consider a skin wound which bleeds, forms a clot, then a scab which heals up and falls off.

Unfortunately it sometimes produces a scar which doesn't look good but is actually very fibrotic and strong. The platelets in the blood become sticky and stop any bleeding. They contain many powerful substances including growth factors. One of these in particular is called Platelet Derived Growth Factor and has been shown in studies to promote healing of many tissue types.

## **REQUIREMENTS?**

Correct diagnosis made by your doctors evaluation plus either ultrasound or MRI study and should accompany you if you have had this at another X-ray clinic.

Your doctor decides when to start injections but is usually only after about 6 weeks or longer after trying the other standard treatments eg rest, physiotherapy ,anti-inflammatory.

Usually cortisone injections are tried first as they are still most widely accepted by most and are often very effective and at a lower cost.

In certain instances such as in elite athletes, sports physicians will often start very soon with PRP injections to try and get the athlete back to strength asap.

A request form from your doctor. This should clearly state if it is for one or more injections and over what time period and where it is to be given.

A scheduled appointment making it clear that you are having a PRP injection as there are additional time requirements to obtain the specimen and, centrifuge it etc.

There is no other preparation for you and you are welcome to take oral painkillers beforehand but should not drive home afterwards.

## **WHAT HAPPENS WHEN YOU GET HERE?**

Make sure you are attending the correct radiology practice as there is one next door.

Even though the actual injection takes 2 minutes or less there is unfortunately time involved getting the platelet solution ready and may be quite some time taken in administration and waiting until the imaging room is available.

You need to allow at least 2-3 hours and if lucky it may only be ½ hour. We make every attempt to keep your appointment time but we do sometimes need to fit in urgent patients and to prioritise the elderly and children.

Your consideration and patience in these circumstances is appreciated.

## **POST PROCEDURE?**

We have not had any complications yet and is therefore unknown. Infection is a statistical risk and theoretically a bad injection or one not given with needle vision using ultrasound may result in a tendon/ligament rupture. You do need to sign a consent form at the bottom of this document as you have every opportunity to decline the injection. By signing below you chose to proceed once you have had your questions answered and have an understanding of what you are getting and any possible risk that we know of. If you have any concern about this please rather decline to have this done and allow your body's own healing mechanisms the time to repair your problem.

## **WHAT TO EXPECT?**

Few patients may have a flare up of symptoms some time in the week following the procedure. Don't expect quick results because it takes at least 1 -2 weeks and sometimes needs a 2<sup>nd</sup> or even a 3<sup>rd</sup> injection . One of my elite athletes is now onto his 5<sup>th</sup> injection over 12 months and is now fully recovered and performing at the very top level once again. Generally most do not need more than 2 injections with success in 70% so far.

Don't expect the same quick symptomatic response as a cortisone injection but think of this rather as a "progressive strengthening" over the next week.

## **FOLLOW UP?**

You need to see your doctor for follow up and to document your response in your file within the next 2weeks and don't start. We will provide a report /letter to your doctor stating what was done and there may be a single image showing the area of treatment and is non diagnostic and only for documentation purposes.

Usually you will be entered into rehabilitation exercise program by your doctor, physiotherapist or other health professional.

## **CONSENT FOR PROCEDURE PLATELET RICH PLASMA INJECTION pg3 of 3**

NAME:

DATE:

I have read this information sheet and I chose to proceed with this injection and understand the potential risks and that unforeseen complication cannot be predicted.

SIGNATURE:

WITNESS:

*Sydney Xray Bondi Junction a private radiologist owned non corporate radiologist center.*

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