

# PLATELET-RICH PLASMA (PRP) INJECTIONS

## *Frequently Asked Questions*

### **What is PRP?**

PRP – also known as *platelet-rich plasma* – comes from your blood and consists of the portion of the blood that contains the platelets (as opposed to the portion that contains the red blood cells or other parts of blood). Platelets are thought to have healing factors that may aid in the recovery of patients with tendinopathies (diseases of the tendons) or arthritis (disease of the joint space and the cartilage surfaces). While recent research has indicated a possible role of PRP in the treatment of various conditions, its use is still largely considered experimental, and therefore typically not covered by most insurance plans (see information on pricing below).

PRP injections typically occur in the office and do not require any anesthesia or sedation.

### **Where does the PRP come from?**

PRP comes from the patient's own blood. A vial of blood (similar to what is drawn for a normal blood test) is drawn in the office by a member of the clinical team (usually a medical assistant). The blood is then "spun down" in a special machine that separates the blood components into different parts. It is this process that allows for a separation of the platelets which contain the healing factors used for treatment. Your doctor will then extract the platelet portion (PRP) from the separated blood products so that it can be injected back into the body.

### **What conditions can be treated with PRP?**

There are a variety of conditions that can be treated with PRP. These include diseases affecting the tendons, the joints, and even the muscles. If you are interested in learning more about receiving PRP treatment, please do not hesitate to reach out to the numbers above to make an appointment with Dr. Makhni to discuss your options. Normally, the treatment consists of a single injection and can be done conveniently in the office.

The PRP injection may be performed with or without an ultrasound machine, depending on the part of the body that is being treated. There may or may not be application of a local anesthetic (either a freeze spray or an injection) to go along with the PRP treatment.

## **What are the risks of PRP treatment?**

Risks of PRP treatment include risks related to the blood draw, such as bruising, infection, and persistent pain, as well as those risks related to the injection of the PRP. These risks include but are not limited to infection, continued pain and symptoms, worsening pain, and any other risks related to the injection.

## **How much does PRP cost?**

Unfortunately, PRP is typically not covered by insurance, and there is a cost to patients for the treatment. This cost is used to cover the supplies needed for the injection, as well as for the medical care in drawing the blood and administering the injection. Please call 248-661-6470 to get in touch with Dr. Makhni's clinical team in order to discuss the costs and scheduling of an PRP injection.

## **What happens after the injection?**

You may experience pain at the site or joint of the injection after the procedure. This is not uncommon and may actually be worse pain than you had prior to the injection! We recommend that you ice the area down and take anti-inflammatory pain medications as needed for the days following the injection. We recommend avoiding any strenuous activities or athletics for up to 3 weeks after the injection (and more if still having pain). You may resume your physical therapy if you are not having too much pain.

## **Follow-up Care and Emergencies**

- Please call the office to speak with a clinic nurse if you experience any of the following (if after normal business hours please call the answering service right away or go to the emergency room right away):
  - Painful swelling or numbness (some swelling and numbness is normal)
  - Redness around the injection site or pustulent drainage
  - Fever >101 (some elevated temperature is normal for the first 1-2 days)
  - Continuous bleeding or drainage from the injection sites
  - Color change or cold feeling in the distal extremity
  - Calf pain, shortness of breath, chest pain, or increased heart (pulse) or breathing rate
  - **Any concerning symptoms or symptoms that require immediate attention, please call the hospital (Henry Ford West Bloomfield) at 248-325-1000 or go to the nearest emergency room right away**

*If you have any further questions, please also refer to the website  
([www.ericmakhnimd.com](http://www.ericmakhnimd.com)) for further information*