

PRP Therapy

Patient Information

Q. What is PRP Therapy

Non-Surgical 20 minutes outdoor procedure

It is safe and uses your own blood

High platelet counts of 10million plus is generated

PRP is injected into affected region

Cost Effective

The Procedure

An initial visit with Mr M Shah will be needed to determine if you are a candidate for PRP injection. An imaging test may be needed to confirm the diagnosis and to rule out other local complicating conditions. Patients who have failed traditional treatment with medications and therapy may be candidates for PRP injection.

If PRP is determined to be an option, the procedure will be scheduled on a different day, and will take about 20 minutes outdoor procedure.

When can i expect relief?

PRP injection does not provide immediate relief, instead, it sets in motion a repair mechanism that does take some time.

A study published in the American Journal of Sports Medicine showed the following results in patients with chronic elbow tendinosis:

49% pain relief by 4 weeks

60% pain relief by 8 weeks

81% pain relief by 8 weeks

At the conclusion of the study, 93% of the patients were completely satisfied with the PRP treatment and had avoided surgery.

Patient Instructions

One week prior to the injection, patient is advised not to take anti-inflammatory medicines or aspirin. Following the injection, do not take anti-inflammatory medicines for several months, as these medications inhibit the healing process.

The Morning of the procedure, eat only low fat foods. After the procedure, there are no dietary restrictions.

Pain from the injection begins as soon as the local anaesthetic wears off (approximately one hour) and seems to peak about 12 hours after the injection. Redness and swelling may occur frequently at the injection location and last about a week.

Crutches are frequently needed for the first 2 days following an injection to a tendon in the ankle or knee. For the arm or shoulder, a sling, may be worn initially for more comfort.

There are no specific activity restrictions following the procedure; patients may return to full activity as tolerated.

If you have the following conditions you should not consider for PRP Treatment

Abnormal Platelet function (blood disorder)

Chemotherapy and / or Cancer patients

Chronic or Acute infections

Fever, Sepsis

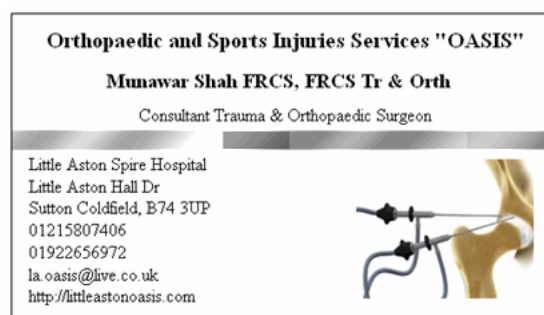
Severe, Metabolic and / or system disorder

Skin disease

Anti-coagulation therapies

Chronic liver problem

Recent Use of Corticosteroids



If you are interested in making an appointment to discuss a treatment,

Please [click here](#) to contact us, or telephone 01215807406