

Platelet-Rich Plasma (PRP)

PRP stands for Platelet-Rich Plasma. It is a type of non-surgical treatment to repair injuries by using repair cells from your own blood stream to restart and amplify the healing process around injured tissue.

***PRP helps your body
heal naturally.***

How does this help my body heal?

Platelets are amazing cells that help to seal wounds, just like a cut on your skin. When there is a cut, platelets receive signals to come to the area to help seal the wound. These cells then send out a homing beacon for your own internal stem cells that can try to heal the tissue as close to normal as possible. When processed in a lab, these cells and other growth factors can be concentrated to levels in far excess to what your body can mount on its own.

What's the best way of using PRP?

Accurate placement is an absolute necessity. Live imaging methods like ultrasound or fluoroscopy are used by trained physicians to accurately place the PRP into the damaged tissue. These cells act like a homing beacon that is amplified at levels that don't normally happen in the body. This will bring a much larger amount of your body's own internal stem cells to the area in order to restart the healing process in a way that it couldn't do without help.

What conditions could benefit from PRP treatment?

PRP treatment is used to treat conditions such as torn tendons, tendinitis, muscle injuries, arthritis-related pain, and joint injuries. It's like biologic superglue that repairs damaged soft tissue like ligaments and tendons while creating the stability needed to repair harder parts like discs, joints, and cartilage.

What should I expect on the day of the injection?

The staff at Wellward will prepare you for our specialized process. When you come to our office, you will first undergo a series of specialized treatments unique to Wellward's proprietary process. This will prepare the body and blood for the optimal platelet numbers and activation. After this is completed, our well-trained staff will extract and prepare the blood for the PRP process. This may take an hour for the preparation and patients often go to one of the many local restaurants around the center. When patients return, your physician will have the prepared PRP ready for an injection into your problem area.

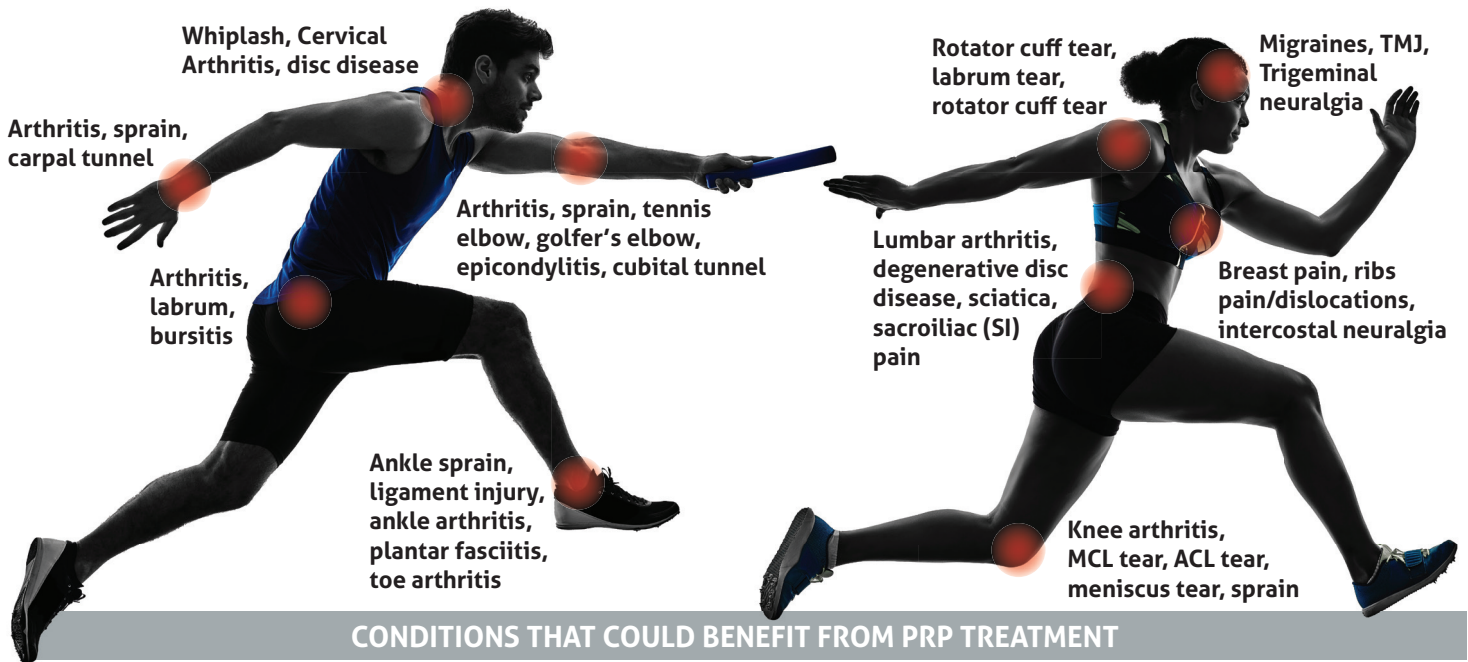
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Regenerative Medicine

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Does it hurt?

PRP injections can be painful since its effect can be hindered by local anesthetics. Fear not, however, Wellward's physician team is led by an anesthesiologist who has developed innovative ways to numb the area without limiting the repair effectiveness of the PRP injection. You may opt for a nerve block or epidural injection to help with the pain of the injection and our team will work with you to optimize the tolerability of the treatment.

What should I expect after the injection?

The PRP injection site can be sore for the first 2–3 days after the injection, but this is expected and does not mean a failed process. Many patients find symptom relief in the first days after the injection with a heating pad or over the counter pain relievers like Tylenol®. It is important to AVOID ANTI-INFLAMMATORY MEDICINE like ibuprofen, naproxen, or NSAIDs! The process of PRP is a controlled inflammation to invigorate the healing process. Anti-inflammatory drugs may reduce the effectiveness and should only be used for extreme, intolerable pain 1 week before and 1 week after the injection.

Aftercare following PRP

A PRP injection is like restarting the healing process at injured tissue, and this can be optimized with post-procedural rehabilitation. If a farmer plants a seed, the farmer knows that unless it is nurtured with water, fertilizer, and just the right amount of sun the seed won't flourish. Your rehabilitation is an essential part of the recovery process, and will help to nurture the tissue as it is growing and maturing.

Rehabilitation and Recovery

The staff at Wellward always works with your physical therapist so that your healthcare team can optimize your recovery. Your physical therapist will have access to our ground-breaking post-procedural protocols and will be able to communicate with your physician if there are any questions. The rehabilitation process can take between 6–10 weeks for the healing to be optimized. In addition to the care your physical therapist provides, we often recommend acupuncture and laser treatments in the office to further optimize the healing tissue and help to manage any discomfort in the earlier stages of your recovery.

At Wellward, we use cutting-edge techniques based on the best available research to help the most complicated cases recover and flourish. We are honored and humbled that you have chosen to trust us with your care. If you have any questions about the PRP process, or believe a friend or family member may be a candidate for this treatment, please reach out to a staff member so that we can better serve you.

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