



## Procedure Information

### Platelet Rich Plasma (PRP) Injection

#### Introduction

Platelet Rich Plasma (PRP) injection is a new treatment for some orthopedic conditions like tennis elbow, golfer's elbow, impingement syndrome of the shoulder, plantar fasciitis, tendinosis, and any chronic tendinopathy or ligament injury. Concentrated platelets found in the PRP contain huge reservoirs of bioactive proteins, including growth factors which stimulate the body's natural healing process. Please discuss with your doctor to select the most appropriate treatment.

#### Outcomes

This procedure is relatively safe, less aggressive, and less expensive than conventional surgeries with a shorter recovery time. The client who has recovered from this procedure can see significant improvement in relieving the symptoms like pain.

#### Procedures

1. A small amount of blood will be taken from the client and then placed in a machine that spins at a high speed to separate platelets from other blood components.
2. The doctor will extract the platelet rich part of the blood (may mix it with local anaesthetic drug).
3. The extracted fluid is injected into the injured area of the client.
4. The entire procedure takes around 30 minutes.
5. This procedure can be performed alone or along with other orthopedic surgeries.

#### Possible Risks and Complications

1. Infection
2. Bleeding and/or bruising
3. An increase in inflammation and pain at the injection site
4. Allergic reaction to the local anaesthetic drug
5. Injury to the nerves or blood vessels
6. Skin discolouration
7. Prolonged stiffness and/or pain
8. No relief or worsening of symptoms

\*\* The risks listed above are in general terms and the possibility of complications is not exhaustive. Please understand that even though all procedures are carried out with utmost professionalism and care, this does not rule out the possibility of complications arising. In the event of peripheral organ damage or post-operative haemorrhage or leakage, further operations may be required.

## **Pre-procedure Preparations**

1. This procedure and possible complications will be explained by the doctor and a consent form must be signed prior to the procedure.
2. Please inform the doctor and nurses of all your past medical history, previous surgical operation, current medication and any complication with drug or anaesthesia.
3. You are recommended to stop non-steroidal anti-inflammatory medications such as aspirin or ibuprofen a week before this procedure and for up to 4 weeks after.
4. You should avoid driving to attend the day-care procedure. Elderly patients and those with difficulty in walking should be accompanied by a family member.
5. No food or drink six hours before procedure might need if another surgery will be performed at the same time, otherwise no need for fast.
6. Please change into surgical gown after removing all clothing including undergarments, dentures, jewelry and contact lens as needed.
7. Please empty your bladder before the procedure.

## **Post-procedure Instructions**

1. You may experience numbness over the affected area for a few hours. A significant portion of clients experience some pain for a week. You may take the prescribed pain medication. Rest and cold compress on the affected area can also ease the pain.
2. Please avoid non-steroidal anti-inflammatory drugs for up to 4 weeks.
3. The injection site is covered by a dressing. It can be removed on the next day of injection if the site has no abnormality developed. Shower is allowed. Keep the site clean and dry afterward.
4. Rest the affected limb and minimize weightbearing for the first three days. Light activity can be resumed gradually. You may be advised to avoid strenuous exercise for 1-2 weeks.
5. You may return to work as soon as you feel okay. If your job involves manual work, take a leave for a week.
6. You may resume driving when you feel comfortable, usually a week after the procedure.
7. Immediately consult your doctor or return to the hospital for professional attention in the event of bleeding or pus discharge from the injection site, increased swelling or pain over the affected area, shivering, high fever over 38°C or 100°F, or any other unusual symptoms.
8. Any follow up consultations should be attended as scheduled.

Should there be any enquiries or concerns, please consult the attending doctor.

Under the professional care of the doctor, you will gradually recover. We wish you all the best during your treatment and recovery.

If you have any questions after reading the entire leaflet, please write them down in the spaces provided in order for the doctor to further follow-up.

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Compiled by Union Hospital Operating Theatre (OT) Governance Committee

The above information is for reference only, please enquire your physician for details  
Our Hospital reserves the RIGHT to amend any information in this leaflet without prior notification