

PRP FREQUENTLY ASKED QUESTIONS

1. **What is it?**

Platelet Rich Plasma Therapy is a relatively simple process in which the body's potent healing factors are concentrated from a sample of blood and re-injected into a damaged or injured area (i.e. knee joint). This is a procedure that can be easily performed at our imaging center and takes approximately one hour total time.

2. **How does it work?**

Platelets are a treasure trove of healing factors which work to reduce pain and inflammation in the joint space, as well as promote healing and improve joint function and decreased pain.

3. **How does Oregon Imaging Centers differ from other sites offering PRP injections?**

Oregon Imaging Centers has world-class subspecialty-trained musculoskeletal radiologists who are dedicated to a culture of professional excellence, uncompromising technical proficiency and compassionate care. Our radiologists use precise ultrasound guided imaging to assure safe and accurate PRP delivery for optimal effectiveness and outcomes.

4. **Who is a good candidate?**

PRP therapy can be effective in treating pain due to fascial, tendon and ligament injuries. PRP is also effective for osteoarthritis. We do not perform PRP on the spine at Oregon Imaging Centers.

5. **Do I need a doctor's order for a PRP injection?**

No. Our PRP scheduler will ask if you have seen a provider for your injury or had any medical imaging done on your injury within the past 12 months. If yes, we will ask to receive your prior imaging and chart notes from your provider regarding your injury. If you've had no imaging or provider chart notes on the injury within 12 months, we suggest you visit with your provider to determine if this is the best route.

6. **How do I schedule a PRP at Oregon Imaging Centers?**

Call our switchboard at Oregon Imaging Centers: (541) 334-7555 and tell the operator you would like to schedule an ultrasound guided PRP.

7. **Are there any side effects?**

Since PRP therapy only utilizes your body's own healing properties there is no risk of allergic reaction or rejection of treatment by the body. However, since the growth factors trigger a complex cascade of healing, swelling and discomfort is expected for up to a week after receiving PRP treatment. Because of this expected 'healing discomfort,' you should plan to have a friend or family member drive you home from the appointment.

8. Will insurance cover it?

Since insurance companies consider this treatment experimental in the United States, insurance will not pay for treatments at this time. We anticipate that as it becomes more popular and widely available this will eventually change.

9. What is the cost of a ultrasound guided PRP injection?

For a single site injection, the full price is \$1,000, but if you pay in full at check-in the price is \$800. We do offer a payment plan; for example, payment on a single site injection would require \$500 down at check-in and the remaining balance of \$500 in monthly payments.

10. Are the injections painful?

Some pain should be expected during this procedure, however we do use a minimal amount of Lidocaine to numb the local region.

11. Will I have swelling or pain after my injections?

The initial reaction to a PRP injection varies from a mild-severe inflammatory response, which may present as swelling, redness, and pain. Typically patients experience some discomfort for only 3-5 days. PRP injections trigger your healing response, which starts with inflammation. After injections, many people feel an increase in their pain that typically lasts from 2 days to 2 weeks. Some people have prolonged inflammatory phases, up to 6 weeks. As this first phase inflammation subsides, so does the pain. In the second healing phase, the tissue proliferates: the body assembles “scaffolding,” which takes from days to months. The third phase of healing is maturation: with the scaffolding in place, the tissue fills in, which may take from weeks to years.

12. How effective is the PRP injection? Will I notice positive results?

Results vary. Some people may notice significant pain reduction with one injection, some people may need more than one injection for pain reduction and some people may not notice an improvement.

13. When will I be able to exercise after the injections?

This will vary depending on your personal fitness level and response to the injection. You should not exercise until the inflammatory response from the injection has subsided. For most patients this will be anywhere from 5-7 days. We suggest starting with low-impact exercises such as walking or elliptical, and slowly increasing your activities until you are able to return to your regular workout routine.

14. Is there any risk of clotting?

With every injection there is a small chance of clotting. However, since we are injecting your own fluids back into your body there is no risk of clotting with the procedure alone. There may be a risk of clotting if you are prescribed a pain medication. This should be discussed with the physician, as well as any other medications you may be taking.

15. Are there any reactions that may occur with medications I am currently taking?

There is little risk of reactions to medications, but please let the doctor know if you are on blood-thinning medications since this increases the risk of bleeding. If you are prescribed a medication to ease pain or anxiety there is potential risk that it may interact with your existing medications. For this reason, you should discuss all medications with the physician at your appointment.

16. Are there any side effects from the injections?

Since PRP is a procedure in which your own fluids are injected back into your body, there is no risk of allergic reaction from the injections. The major side effect is the inflammatory response, as previously mentioned.

17. Can I put ice on the injection site after the injection?

You may ice the site, if you wish.

18. Can I use a device to immobilize the joint injection site for the first few days to help healing?

You may use an immobilizing device such as a foot/ankle boot, scooter, sling, if you wish.

19. Is there anything I can do that will affect the possible outcome?

Yes, physicians administering PRP injections have noted that patients who take anti-inflammatory medications, such as NSAIDs, in the weeks after their injection have had less impressive results. For this reason we recommend NOT taking any anti-inflammatory medications two weeks leading up to your injection and for a minimum of four weeks following the PRP injection.