

## **Information on Platelet Rich Plasma (PRP) Injections**

### **○ Background**

- PRP injections are also called **autologous conditioned plasma or ACP** and are done as in-office procedures.
- Dr Klar recommends a course of 2 injections separated by 8 -12 weeks.
- Further injections can be done if the response is favourable.
- Typically the procedure takes 45 min.
- At CKC a doctor will perform the injection for you.
- The PRP procedure is completed as an injection into your troublesome knee joint or joints.
- The majority of patients who undergo a PRP injection into their knee report discomfort rather than pain during and after the procedure.
- Recent published literature supports PRP use - a copy is available on request.
- PRP contains your own bodies' growth factors, anti-inflammatory factors and regenerative elements that when injected into knee joints, reduce pain & swelling whilst improving function.
- Cortisone or Hyaluronic Acid HA (Durolane/Synvisc) injections can be used as an alternative for your knee pain but cortisone has a very limited duration of benefit in most cases and HA injections may cause significantly higher adverse reactions and are more expensive than PRP. These are the major reasons Dr Klar recommends PRP as a better choice for his patients.

### **○ Preparation prior to the PRP procedure**

- Avoid fish oil, aspirin and anti-inflammatory tablets like Nurofen/Celebrex/Mobic etc for 1 week prior to the injection.
- Please advise the staff at CKC if you take any form of blood thinner and we will advise whether or not this should be ceased prior.
- Drink plenty of fluids the day before the procedure and right up to the booking time.
- No fasting is required prior to the procedure.
- Please bring someone else to drive you home, as you should avoid driving for 24 hours after the injection.
- Please take 2 panadol osteo an hour before your appointment time to help with the discomfort of the injection.

### **○ Step-by-step explanation of a PRP procedure**

- The procedure is done in Dr Klar's office at CKC.
- Blood is drawn from an arm vein with typically 15mls used per knee.
- The blood is processed in a centrifuge machine and the resultant PRP solution, typically 3-5mls, is prepared to inject into the knee.
- A CKC doctor will prepare the injectable PRP solution and do the procedure.
- The knee is cleaned with antiseptic solution.
- We ask you to relax and stay still during the injection.
- No local anaesthetic is used as this adversely affects the PRP successfulness.
- Using a syringe and needle the CKC doctor will then inject the 3-5mls of PRP into your knee/s in a sterile manner.
- A small dressing is applied to the blood drawing site and the knee injection site.

### **○ Post-procedure instructions**

- You may feel faint so please advise CKC staff if this happens.
- You may walk normally on the knee after the procedure without crutches.
- Please call CKC if you need to reschedule a second injection.

- Ice is useful after PRP injections and is suggested for 24 hours afterwards applied directly to the knee joint.
- Avoid aspirin and anti-inflammatory tablets for 4 weeks after the injection.
- Patients with non-physically demanding jobs may return to work the following day but if your job is more physical please have 2 days off work.
- Please ask for any medical certificates you may need at the time of your PRP procedure.
- The knee may swell for a few days after the injection.
- You may shower normally the same day as the procedure but avoid a bath for 24 hours.
- It is expected that the knee will be sore for 2 days after the injection and may have a degree of discomfort for up to 2 weeks.
- Please take it easy for a day or 2 after the injection to allow the knee to settle.
- Avoid high impact activities until day 7.
- You may return to your normal exercise regime 7 days after the injection.
- Dr Klar suggests you use panadol osteo or panadeine extra available from a chemist without a script for a day or so after the PRP injection if needed.
- Please call CKC immediately if you have any concerns or develop any adverse reactions on 62257410 or 62257417 or email admin@canberrakneeclinic.com.au

I, \_\_\_\_\_ request that CKC schedule

and perform a PRP injection/s into my:

- **Right knee** ☐
- **Left knee** ☐
- **Both knees** ☐

- **I acknowledge that no guarantee of outcome has been given to me.**
- **I understand that all care will be taken but that complications may and do occur from time to time.**
- **I understand that this procedure carries with it the potential for the following complications to occur:**
  - **Infection in the knee**
  - **Swelling or bruising**
  - **Pain**
  - **Redness**
  - **Incomplete resolution of the pain or symptoms you were experiencing prior to the PRP procedure being done**
  - **Bleeding**
  - **Fainting or light-headedness**
  - **Vomiting**
  - **A flare-up of knee pain and swelling**

Signed \_\_\_\_\_

Date            /            /