



PRP Injections



Platelet Rich Plasma injections involve injecting a patient's blood into a damaged or injured part of the body to promote healing.

Blood contains many nutrients and substances which can promote healing. Platelets are tiny cells in the blood that stick to each other when we cut ourselves and result in a clot forming to stop bleeding. Platelets contain powerful growth factors including PDGF (platelet derived growth factor) which has been shown to promote healing of many tissues, including bone, teeth, and skin. PDGF has also been shown to promote the healing of tendons which are damaged due to excessive use and/or ageing.

DAB Radiology uses PRP injections to assist with the treatment of injuries to tendons, such as tears, tendinosis or tendinopathy. Additionally, we use it to assist with osteoarthritis in joints. Research shows that PRP can assist with stimulating surrounding cartilage and soft tissue regeneration this can help dampen some of the symptoms associated with arthritis including pain and stiffness.

A minimum of 2-3 PRP injections are required for a single anatomic site. Minimum of 4-6 weeks' time difference between injections.

PRP is not currently covered under the Medicare Benefits Schedule so there will be a private cost applicable for each appointment. This is not eligible for a rebate at all.

Preparation

There is no specific preparation for the day of the procedure. However, our radiologist will write you a referral to have a blood test to check your platelet levels 24-48 hours prior to the exam.

You will need to have a diagnostic exam prior to receiving an appointment for a PRP injection. Depending on the area of the body this may be a CT, MRI or ultrasound examination. You will also need to discuss with your referring doctor a treatment or rehabilitation plan for the six weeks post the examination.



Procedure

The first stage of your procedure is to have blood drawn in our clinic. This is done by placing a canula into a vein in your arm, similar to a blood test and drawing a measure of blood. This blood is then placed in a centrifuge to be spun to separate the components, this takes about 15 minutes. Once separated the radiologist will selectively remove the platelets ready for your injection. The injection itself may be performed under ultrasound or CT guidance depending on the body area and condition that we are treating.

The clinical staff will take you through an informed consent form prior to the procedure starting to explain the risks and after care involved.

Aftercare

It will be suggested at time of booking and during the informed consent that you rest for a period post the injection. This can range from 48 hours to a week, your referring doctor will also discuss an appropriate rehabilitation program with you. It is recommended that you follow up with your referring doctor around 4-6 weeks after the procedure to discuss the results and how you are feeling.