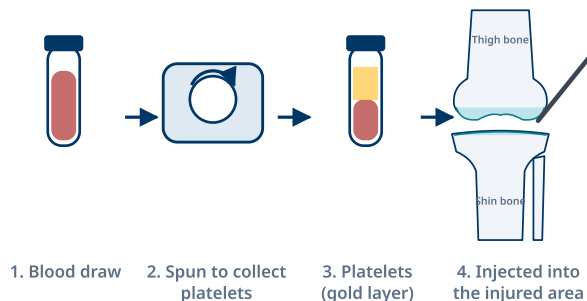


PRP Therapy

What it is

PRP stands for platelet-rich plasma. A small amount of your blood is spun to collect the platelets, which are then injected into the injured area. Research is still ongoing, and it may not help everyone.

This treatment is usually self-pay. It is not FDA-approved to treat a specific condition, and research is still evolving. No result can be promised. We give you a written cost estimate first.



Why it is done

- Selected chronic tendon conditions (for example tennis elbow)
- Knee osteoarthritis
- Patients who understand the evidence and costs

Self-care tips

- Follow your rest and activity plan closely.
- Ask before taking anti-inflammatory pain medicines, like ibuprofen. You may need to avoid them for a time.
- Ice may ease soreness, but ask us first.
- Results, if they come, may take weeks to show.

What to expect

Before: We talk about your goals and review your imaging. You get a written cost estimate before treatment. You may be asked to stop anti-inflammatory pain medicines for a time.

During: A small amount of blood is drawn and spun in a machine. The platelets are then injected into the injured area, all at one visit.

After: Rest the area as told, then slowly return to activity with guidance.

When to call us

- Fever or chills
- Redness, swelling, warmth or drainage where the needle went in
- Pain that is much worse than before, or new weakness or numbness
- Pain or swelling that keeps getting worse

Call 911 for trouble breathing, chest pain, or loss of bladder or bowel control.

Call 732-202-3000

One number for all offices. Questions about this handout? We are glad to help.

Our 7 offices: Whiting · Toms River (Hooper Ave) · Brick · Barnegat · Manahawkin · Freehold · West Long Branch

gsmedicalcenter.org/treatments/prp-therapy/



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This handout is general information and is not a substitute for medical advice.