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Patient Information Leaflet Platelet Rich Plasma Therapy (PRP)

This patient information leaflet has been devised by your Consultant. It serves as a guide only. Further information can be obtained online either on www.usamahjannoun.co.uk or other useful websites with information relating to this specialist treatment.

What is PRP?

Platelet rich plasma (PRP) is blood plasma with concentrated platelets (the body's repairmen for damaged tissue). The concentrated platelets found in PRP contain growth factors that are vital to initiate and accelerate tissue repair and regeneration. These bioactive proteins initiate connective tissue healing and repair, promote development of new blood vessels, and stimulate the healing process.

How does PRP therapy work?

Blood will be taken from you and then placed in a machine that spins at high speed to separate the different types of blood cells. The Consultant will extract the platelet rich part of the blood and inject this into the area of your injury. The entire process to prepare your blood takes about 15 minutes and increases the concentration of platelets and growth factors at the site of injury by up to 500% (you will have five times the normal number of platelets/growth factors). By having a PRP injection, we aim to stimulate your body's ability to heal chronic conditions.

What are the potential benefits of treatment?

There can be a significant improvement in symptoms following PRP and may eliminate the need for more aggressive treatments such as long-term medication or surgery. PRP can promote return of function and a much shorter recovery time.

A major advantage of this treatment is that no foreign substance is used – we use the patient's own growth factors from their own blood – so there is no risk of any disease transmission.

What are the alternative?

- . Anti-inflammatory drug therapy
- . Steroid injections
- . Physiotherapy
- . Surgery

What are the possible risks or complication of this procedure?

The risk of complication following PRP is rare, but on occasion do occur; these include:

- . Infection at the site of the injection
- . An increase in inflammation and pain at the site of the injection
- . Bleeding and/or bruising
- . No relief or worsening of symptoms
- . Skin discolouration
- . Allergic reaction to the local anaesthetic drug
- . Failure to achieve successful result
- . Injury to the nerves or blood vessels
- . Prolonged stiffness and/or pain

If you require further information about risks or complications, please discuss this with your Consultant.

How long with the procedure take?

The procedure usually takes around 30 minutes. Most of this time is separating the platelet-rich plasma from your blood sample. This procedure is performed with the patient awake. The PRP is injected after the doctor disinfects the skin above the area injected and numbs the skin and underlying soft tissue with an anaesthetic solution.

It is recommended that you do not take any anti-inflammatory medications a week before this procedure and for up to 4 weeks after.

It should be noted that most published trials on effectiveness of PRP are based on case studies and systemic reviews for treatment of tendon/ligament and joint problems. NICE guidelines outline good evidence of the benefits for the treatment of Osteoarthritis of the knee. There is further evidence but less confidence about the effectiveness of the treatment for patients with Osteoarthritis of other joints (particularly the hip and shoulder) and tendon injuries and strains.

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