

Problems That Can Be Treated

- Arthritis of any joint.
- Tendinitis
- Sports Injuries

NO PILLS NO PAIN

PRP is highly effective at reducing joint inflammation. Results after PRP are longer lasting if pills, creams, ice, wraps, and acupuncture are not used. This allows you to feel when you are damaging the joint and eliminate or reduce the offending activity. Thus most successfully treated patients have the additional benefit of being able to stop taking pain or anti-inflammatory medicines. This avoids unpleasant and occasionally dangerous side effects, such as gastrointestinal bleeding, and kidney and liver problems.

Before You Have PRP

Do Not Take any of the Following Medications (NSAIDS) for 10 days before the procedure.

Aspirin *	Aleve
Ibuprofen (Advil, Motrin)	Naproxen
Indomethacin (Indocin)	Daypro
Relafen	Voltaren
Celebrex	Dolobid
Ansaid	Vioxx
Bextra	Meloxicam
Topical creams including Voltaren cream	

- It is OK to take Tylenol. *If you have been told by a doctor to take an aspirin every day, continue taking this. If you are unsure if something you are taking is an NSAID, please contact our office or your pharmacist
- Let Dr Prodrornos know if you are taking blood thinners, but they do not need to be stopped.
- On the day of the appointment, it will take about an hour to prepare and inject the PRP.
- You should not take any NSAIDs or other pain medicines for 1 month after the procedure (see the above list), and ideally stop using them entirely
- You need to plan on having followup appointments 1 week, 1 month, and 6 months and 1 year after the PRP injection.



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PRP (*Platelet Rich Plasma*) and STEM CELL Injection

80%
**of eligible arthritis/
sports injury patients
are successfully
treated with
PRP INJECTION
instead of Joint
Replacement or
other Surgery.**

What is PRP?

Platelet Rich Plasma

Platelets are solid particles in human blood mostly known for their clotting properties. However they also contain natural growth factors that the body uses to **enhance healing and decrease inflammation**. PRP is plasma in which the platelets have been concentrated.

What Does PRP Do?

Although results vary, PRP has been shown in a number of studies to **decrease pain and inflammation and enhance healing**. The media has recently focused on some high profile athletes who have had this procedure.

What Is PRP Used For?

PRP is an ideal alternative to total joint replacement and cortisone injections for patients with **arthritis** of the knee, shoulder, hip, hand, foot, ankle or other joint. It is also useful for treating **tendinitis and sports injuries**.

What are the Results?

Most, but not all, patients have been **substantially improved**, both in the literature and in our prospective study: usually within the first week, although the full effect takes about a month. The injection can be repeated. Unlike cortisone, PRP does not harm tissue.

How is PRP Prepared & Administered?

In our office a small amount of blood (less than one-tenth of one unit) is removed from the patient's **arm vein**. This blood is centrifuged so that the red blood cells and excess plasma can be removed leaving the "platelet rich plasma" or PRP. This PRP is then injected into the affected area under **ultra-sound guidance** to ensure it goes to the desired location. **No sedation is used and the injection produces only mild discomfort in most cases**. A small amount of lidocaine is injected to numb the skin for some injections. The entire procedure takes less than one hour.

Are There Any Risks to PRP?

PRP injection is exceedingly safe.

Patients can use the affected area immediately. Most patients will have soreness lasting a few days. Any injection carries a very small risk of infection or of the patient feeling faint as a result of being injected. We have had no infections or complications from our injections. There is **no radiation exposure** from the ultrasound guided knee injection: unlike x-ray guided injections performed in some centers.

Cost:

We are among the national leaders in the use of PRP injections. Because we have our own laboratory we are able to offer it **very inexpensively**.

Joint Mobilization and Exercise

Reduction of knee joint contractures enhances the benefit of PRP. Affected patients will be put on a program to increase flexibility. Our licensed physical therapists will also design a custom exercise program for you that will allow you to maintain conditioning and muscle mass without hurting your affected joint.

Nutrition Supplementation

Over-the-counter supplements can be very helpful. We will provide information on what we recommend and where to find it.

Stem Cell Injection

We also offer a variety of stem cell injection procedures. These are indicated for certain severe conditions, and also when PRP is ineffective. They can quiet inflammation, enhance healing, and offer the potential to regenerate damaged tissue.