

## PLATELET-RICH PLASMA (PRP) INJECTION

# PRP: Using Your Own Blood to Support Healing

A non-surgical, in-office option for tendon, ligament and joint pain that has not improved with rest or therapy.

## What is PRP?

PRP is made from a small sample of your own blood. The platelets, which carry growth factors involved in tissue repair, are concentrated and injected into the painful area to support your body's natural healing response.

## How It Works

- 1. Blood draw:** a small sample from your arm, like a routine blood test
- 2. Processing:** the Arthrex PRP system concentrates the platelets
- 3. Preparation:** the skin is cleaned and may be numbed
- 4. Injection:** Dr. Yang injects the PRP into the injured area

## Conditions PRP May Help

- Tennis elbow
- Golfer's elbow
- Tendonitis / tendinosis
- Rotator cuff / shoulder tendon pain
- Mild to moderate knee arthritis
- Plantar fasciitis
- Ligament sprains
- Overuse & sports injuries

*Whether PRP is right for you depends on your diagnosis and past treatment, so an evaluation comes first.*

## What to Expect

- **About 45–60 minutes** in our office, start to finish
- **Daily activities** the same day for most patients, with activity limits we will review
- **Gradual results:** changes often begin in 4–6 weeks and continue over 2–3 months
- **Some patients** need a series of injections; physical therapy is often part of the plan

## Before & After Your Injection

- **Avoid anti-inflammatories** (Advil, Aleve) before and after, as directed; they may interfere with healing
- **Tell us** if you take blood thinners. Do not stop a prescribed medicine on your own.
- **Eat and drink water** before your visit

## Possible Side Effects

Soreness or swelling where the injection was given is common and usually settles in a few days. Rare risks, such as infection, will be discussed at your visit.

**Not for patients with an infection in the area or certain blood or clotting disorders — please ask the doctor.**

### PRICING

**\$1,300**

per injection

Prepared with the **Arthrex PRP system**.

- ✓ Self-pay treatment — not covered by insurance
- ✓ Payment is due at the time of service

## Schedule Your Evaluation

Call **(917) 242-4585** | Email **contact@handorthomd.com**

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