

What is Platelet-rich Plasma (PRP)?

Platelet Rich Plasma (PRP) is a treatment that stimulates the body's normal healing process by using a patient's own blood. The blood is drawn and spun in a centrifuge to separate the blood cells from the platelets. The platelets are injected back into the patient at the site of the injury or pain, which triggers a localized regeneration process, leading to a decrease in pain.



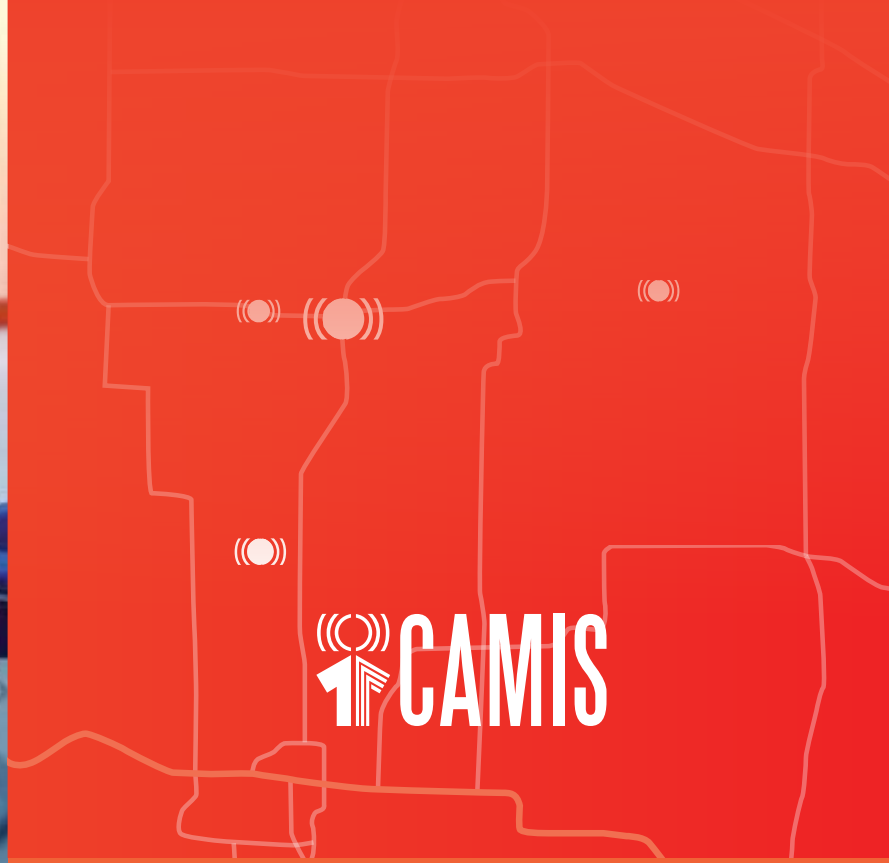
Book an appointment today:

PRP is an uninsured service (not covered by Alberta Healthcare).

- 📌 PRP therapy of joints starts at **\$450**
- 📌 PRP therapy of soft tissue starts at **\$700**

Please ask for a full breakdown of your cost at the time of booking, or call our booking line: **403-755-1056**

For more Information, please visit camisrd.com, email us at prpinfo@camisrd.com or call **403-755-1056**.



 Central Alberta
Medical Imaging Services



**IS CHRONIC KNEE OR
ELBOW PAIN AFFECTING
YOUR DAILY LIFE?**

Your guide to
PLATELET-RICH PLASMA (PRP)

Who should consider PRP?

There are multiple indications for PRP treatment in the setting of tendon/ligament injury and joint pain. Current evidence suggests that PRP is of benefit in treating patients with chronic knee arthritis and specific tendinous injuries such as epicondylitis (golfer's or tennis elbow). PRP may also provide longer relief from joint pain than conventional corticosteroid injections.



What should I expect?

When you arrive to the clinic, you will be taken to an exam room where you will watch a short video and have a discussion with a pain management radiologist. A technologist will help you fill out a consent form. A sample of blood will be drawn from your arm and placed in a centrifuge. You will be positioned for the injection. The radiologist will freeze the site and inject the PRP. You will be given post injection instructions before you leave.

What are the potential side effects?

- 📌 There is a small risk of infection with any injection.
- 📌 There can be an initial increase in pain and a sense of pressure at the injection site for 48-72 hours post injection.
- 📌 Symptoms can be treated with acetaminophen or other non-anti-inflammatory pain medications.

When is PRP not recommended?

- ❌ Fever
- ❌ Pregnancy
- ❌ Later stages of dialysis
- ❌ Platelet or clotting disorder
- ❌ Autoimmune disorders

Consultation with your physician is always recommended before starting any new treatment or therapy.

How long will the process take?

The entire process will take **30 - 60 minutes** (depending on where you are having the injection).

How to prepare:

- ✅ Have something to eat **1 hour before** your appointment.
- ✅ Drink plenty of water **24 hours before** the procedure.
- ❌ Stop taking any anti-inflammatory medications at least **48 hours prior** to your appointment.

