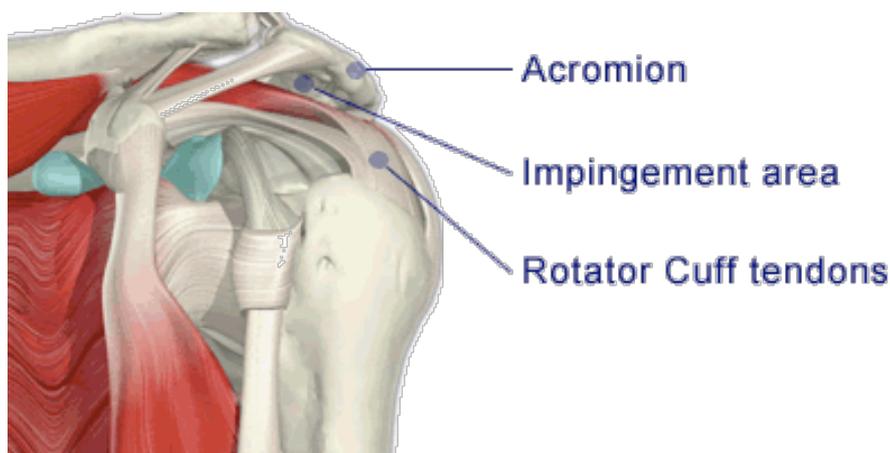




## *Information for patients regarding supplement of PRP injection to enhance healing of rotator cuff repair*

### **What is Platelet-Rich Plasma?**

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 surgeon will extract the platelet rich part of the blood and inject this into the area of the rotator cuff repair. 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 up to 500%. By having a PRP injection, it hopes to stimulate your body's ability to heal the repaired rotator cuff.

### **What are the Potential Benefits of Treatment?**

We have observed that patients that had PRP supplement to their rotator cuff repairs had substantially less pain postoperatively. We believe that the PRP enhances the recovery, we do not have clear scientific evidence for that yet, but there are some case studies that show this. A major advantage of this treatment is that no foreign substance is used but the patient's own growth factors from his own blood. There is no risk of any disease transmission.



What are the possible risks or complications of this procedure?

Same as with any surgery for rotator cuff repair.

**It is recommended that you do not take any anti-inflammatory medications at least a week before this procedure and for up to 6 weeks after.**

**\*Note:**

Some insurance companies do not provide cover for the use of PRP.

**You may have to pay for it separately.**





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**For patients' experiences see website:**

<http://www.readingshoulderunit.com/patient-information/feedback>

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