

#### YOUR BODY AT WORK

Platelet rich plasma is a concentration of your own blood platelets. We collect a sample of your blood and spin it down to separate the plasma, which contains a high concentration of platelets. Platelets play a critical role in healing wounds, soft tissue injuries, and fractures by activating stem cells to regenerate new, healthy tissue. An injection of platelet rich plasma gives your body a natural boost to accelerate the healing process. Additionally, PRP treatments increase the flow of blood supply to the skin and scalp, helping to restore the flow of vital nutrients and give you back a younger appearance. Benefits of PRP include:

- PROMOTES YOUTHFUL SKIN
- TREAT UNRESPONSIVE INJURIES
- PROMOTES HAIR GROWTH
- NATURAL AND NON-INVASIVE



Integrated Medical Services

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### PLATELET-RICH PLASMA THERAPY

A Non-Surgical Approach to Healing and Regeneration

#### REGENERATIVE MEDICINE AT IT'S BEST

Blood is composed of red blood cells, white blood cells, plasma, and platelets. Platelets are responsible for blood clotting and healing. When activated at a site of injury in the body, platelets release healing proteins called growth factors and attract cells that contribute to regrowth.



NORMAL PLATELET COUNT

PRP PLATELET COUNT

For joint or tendon injuries, the platelets are able to restore tendons, ligamentous proteins, and cartilage with minimal downtime and risk. Since PRP treatments are created using your own blood, there is no chance of allergic or foreign-body reactions. It works the same way for skin and hair rejuvenation, as platelets create new growth cells and stimulate collagen in the treated area.

### WHAT TO EXPECT

We strive to make our treatments as easy as possible for patients, and most report that their procedure caused some discomfort rather than pain. To minimize any discomfort, a numbing cream and/or a local anesthetic before an injection. Patients find PRP procedures convenient due to the lack of downtime, and all treatments take an hour or less to complete!

## WHAT ORTHOPAEDIC CONDITIONS ARE TREATED WITH PRP?

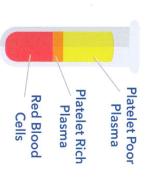
PRP therapy is a non-surgical procedure that treats the underlying cause of pain. A PRP treatment can be injected in and around injured tissues to help accelerate healing and relieve acute or chronic pain from conditions including, but not limited to: Plantar fasciitis Meniscus tears, Osteoarthritis, Ligament sprains, and Rotator cuff tears.

# HOW DOES PRP COMPARE TO OTHER COSMETIC TREATMENTS?

PRP cosmetic treatments are able to restore luminosity and a youthful texture to your skin. When injected into your skin, PRP activates your body's production of collagen and elastin, reviving the skin of your face, eyes, and neck.

### **OBTAINING PRP**

To perform the procedure, a small amount of blood is drawn from your body and placed into a testube. This disposable testube is placed into a centrifuge, for spinning, in order to sperate the blood into 'layers' of platelet rich plasma (PRP) and red blood cells. The plasma is then isolated and utilized as a steril injection. The PRP is then injected into the localized area to reduce pain, promote healing and stimulate tissue regeneration.



### WHY USE PRP INJECTIONS?

Platelet injections are an alternative to surgery. Ideal candidates would be those who prefer a less invasive option to surgery or those who are unable to undergo a surgery. It also allows for a much quicker recovery period and is much less painful than a surgery.

## DO PRP INJECTIONS HURT?

Generally PRP injections are not painful. However, the discomfort level depends on the part of the body being treated. For example, injections given into a joint often are minimally uncomfortable. Injections given into tendons tend to be more uncomfortable.

## **ARE THESE INJECTIONS SAFE?**

Platelet injections are safe. Since you are using your body's own blood components and there are no foreign substances being injected into your body, the injections are considered safe.

