

PRP Treatment Therapy



What is PRP?

Platelet-rich plasma (PRP) therapy utilizes a concentration of the patient's own platelets to accelerate the healing of impaired tendons, ligaments, muscles and joints. PRP treatment may also be recommended following surgery to promote healing and reduce inflammation in the effected joint(s) and/or tendon(s).

What are platelets & how are they beneficial?

Platelets are small blood cells, formed in the bone marrow that causes blood clots and other necessary growth healing functions (growth factors) which reside in plasma. Plasma is the liquid portion of whole blood. It is composed largely of water and proteins, and it provides a medium for red blood cells, white blood cells and platelets to circulate through the body. When an injury happens, the body responds by sending platelets to the injury site to release growth factors. With PRP, we inject a concentrated solution of platelets directly to the injury site, supplementing the growth factors that have started the healing process.

What is involved in the PRP treatment?



Specialized ACP syringe

The PRP treatment is an outpatient procedure and requires injectable sedation (*some patients require a short anesthesia depending on their age and/or health issues; the patient's safety is our priority*).

We will obtain a blood sample using a needle and specially designed syringe. The blood is then put through a rapid spinning process to separate the plasma from the blood. Occasionally a second sample/syringe is required to obtain an ample quantity of plasma if the initial acquisition sample produces minimal yield.

Once the plasma sample is obtained, we will sedate your pet for preparation of the treatment site (*area will be shaved*). The doctor will then inject the PRP sample into the affected site. Following the treatment, we will cold pack the site and allow your pet to recover before going home.



PRP injection being performed on a canine patient's elbow joint

Before a PRP treatment :

- A hydrated patient tends to yield a more ample plasma sample, so please **do not remove water access at any time**.
- **A small meal** (~1/8th of normal meal*) should be fed <7am the morning of the treatment (**unless instructed otherwise and/or your pet is receiving additional procedure(s) in conjunction; please ask*).
- If your patient tends to be anxious, we recommend giving a dose of **Trazodone an hour prior to arrival** (*typical admit time is 8am-8:30am*).

After a PRP treatment :

- **FIRST 3 DAYS:** Monitor the PRP site(s) for swelling and/or discharge. Ice the area for 5 minutes, 2-3 times a day. No activity beyond ~10 minute leash walk (three times daily) should be allowed.
- **ACTIVITY:** Avoid high-impact activity (*NO running, jumping, rough play*) for the next 3 weeks. Please start 15 minute leash walks three times a day after the initial 3 days of rest.
- **MEDICATIONS:** Anti-inflammatory for 3-5 days, then as needed for discomfort (*notify us if your pet has liver issues and/or currently taking other medications*). To reduce anxiety and prevent over-activity, we may prescribe Trazodone and/or other oral sedative for home-use. Other medications may be prescribed for your pet's specific needs.