

What is a Platelet-Rich Plasma (PRP) Injection?

PRP Injection is a revolutionary treatment that utilizes the healing properties of your own blood to stimulate the healing process. The process begins with a small blood draw, from which the platelet-rich plasma is separated and concentrated using a centrifuge. This plasma, rich in growth factors, is then injected into the affected area.

Benefits

- **Natural Healing:** Uses your body's own cells, reducing the risk of adverse reactions.
- **Accelerated Recovery:** Stimulates tissue regeneration, reducing recovery times.
- **Versatility:** Effective for a variety of conditions—including tendon injuries, arthritis, and ligament damage.

When should I get emergency assistance?

Dial 911 or have someone take you to the nearest emergency room immediately if you experience either of the following:

- **Difficulty Breathing:** such as shortness of breath or pain when breathing (particularly after upper back or chest injections)
- **Severe Swelling**

Tell the emergency room staff that you just had a PRP injection. A physician must evaluate you for bleeding or respiratory complications.

When should I call for help?

If you experience **weakness or numbness in your legs or feet, an increase in pain, fever, or chills**, you may need an immediate evaluation.

Contact Quantum Pain & Spine right away at:
(469) 913-6136

CONTACT US

PHONE:

(469) 913-6136



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Locations

Irving · Fort Worth · Allen · Lake Highlands
Arlington · Plano · DeSoto



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PLATELET-RICH PLASMA INJECTION

Exceptional Care.
Exceptional Results.



1 Preparation

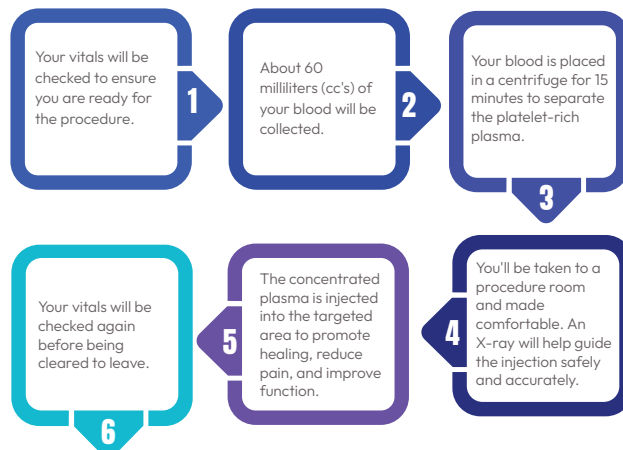
- Hydrate 24 hours before the procedure.
- If you take any **blood thinners** (Aspirin, BC Powder, Eliquis, Plavix, Pradaza, etc.) inform your provider. You may be asked to discontinue use prior to your procedure.
- Take your regular medications (**blood pressure, diabetes, etc.**) **4 hours** before your procedure with a small sip of **water**.
 - Administer insulin as usual.
 - **DO NOT** discontinue any medication without first consulting with your primary care provider or referring physician.
- **DO NOT** use nonsteroidal anti-inflammatory drugs (NSAIDs) for 1 week before your procedure.

NSAIDs:

 Aspirin · Ibuprofen · Naproxen

2 Procedure

The procedure takes approximately 40 minutes.



3 Recovery with Sedation

- You'll rest in our recovery room for about 15-25 minutes for observation.
- Snacks and beverages are offered to help you replenish and recover.
- Once you are ready to be discharged, your driver will be notified to bring the vehicle to the pick-up area. You will be escorted to the vehicle in a wheelchair.

POST-CARE

Discharge Instructions

- You may resume your normal diet.
- Any bandages may be removed in the evening before going to bed.
- **DO NOT** operate any vehicle or machinery for 24 hours.
- Refrain from heavy lifting for 24 hours.
- Resume all medications.
 - **DO NOT** take nonsteroidal anti-inflammatory drugs (NSAIDs) for at least 2 weeks after the procedure.

NSAIDs:

 Aspirin · Ibuprofen · Naproxen

At Home

- You may have mild discomfort that lasts 2-3 days once the local anesthetic wears off.
- If discomfort occurs, you may apply ice to the area 3-4 times a day for 30 minutes. Avoid using heat.
- It can take 2-6 weeks for the injection to take effect.

