



TEXAS ORTHOPEDICS

SPORTS & REHABILITATION ASSOCIATES

A DIVISION OF OrthoLoneStar

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Platelet Rich Plasma (PRP) Injection

Purpose of the Procedure

- The goal of a platelet rich plasma (PRP) injection is to alleviate symptoms of pain and introduce blood product containing growth factors.
- Platelets are tiny blood cells that play a significant role in blood clotting and aid in the healing of damaged tendons, ligaments, bones and joints.

Who is a candidate for a PRP injection?

- Consultation with Dr. Walker is essential to determine if you are a candidate, so he can properly discuss with you the risks and benefits of this treatment option. If you are an candidate for a PRP injection, we can schedule a follow up appointment in the clinic to proceed with the procedure.

How do you prepare for a PRP injection?

- You must stop use of any form of anti-inflammatories (NSAIDs) such as Aleve, Advil or Ibuprofen two weeks prior and two weeks after you receive a PRP injection. Concomitant use of NSAIDs can potentially decrease the efficacy of the PRP injection.

PRP Aftercare

- After the injection, your affected joint and/or body part will be bandaged, which can be removed at the end of the day.
- Common side effects reported after a PRP injection include swelling, bruising or bleeding, and pain. You can use OTC acetaminophen to help alleviate your pain.
- To ensure the best results from a PRP injection, please refrain from any strenuous activity and/or exercise to the affected extremity in the 1- 2 weeks following your PRP injection.
- We will have you return to the clinic in 6 weeks to assess how you're feeling after the PRP injection and determine if you are a candidate for an addition PRP injection.

If you have any other questions, please call the office at (512) 485-0548, message us through the patient portal, visit www.toddwalkermid.com or scan the QR code.

