

Frequently Asked Questions

Is PRP safe?

PRP is very safe. PRP uses a patient's own blood to stimulate the body's natural healing process without the side effects associated with traditional cortisone injections.

Will it hurt?

The area will be numbed with a local anesthetic. After the area is numb and ready for treatment, there should be little or no pain. When the anesthetic wears off, there may be minor soreness at the injection site. Speak with your doctor regarding I.V. sedation for those cases where it may be deemed necessary.

Are there side effects?

Since it is made up of the patient's own blood, there is virtually no risk of allergy or rejection.

How will I feel after treatment?

The injury site may feel achy and sore for several days after injection, which is a sign that the healing response has been activated.

How soon after PRP treatment can I return to normal activities?

There may be some limitations on normal activities for the first few days to a week depending on the area of the injection. Heavy lifting and/or very strenuous exercise is generally avoided for approximately one to two weeks.

Can I take pain medication in conjunction with PRP?

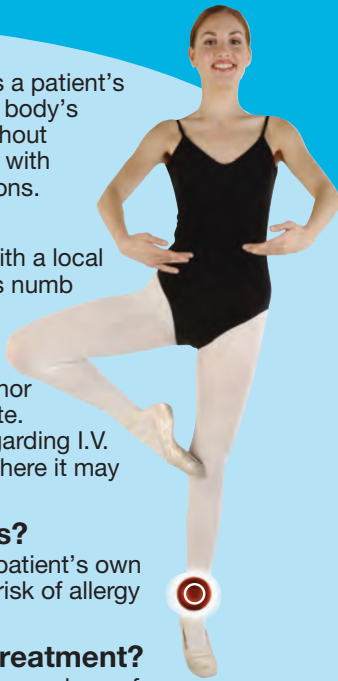
Anti-inflammatory medications such as aspirin, ibuprofen or naproxen should be avoided during PRP therapy, since they may block the healing response. Tylenol or a prescribed analgesic without anti-inflammatory properties may be used if needed to control pain.

How many treatments will I need?

Many patients experience complete healing after only one treatment, although it is not uncommon to require two to three treatments to achieve complete relief from pain.

Is there a risk of needle contamination?

Montvale Surgical Center uses new, disposable syringes for each PRP treatment, so there is no risk of contamination.



Directions

**MONTVALE SURGICAL CENTER IS LOCATED
IN THE CHESTNUT RIDGE SHOPPING CENTER**

Garden State Parkway North:

Take Exit 171. Turn left at traffic signal onto Glen Road. Proceed to traffic signal and turn right onto Chestnut Ridge Road. Proceed to 3rd traffic signal and turn left into the Chestnut Ridge Shopping Center.

NY State Thruway:

Take Exit 14A, Garden State Parkway. Take 1st exit, School House Road. Turn left at traffic signal onto School House Rd. Proceed to 1st traffic signal and turn right onto Summit Avenue. Proceed to next traffic signal and turn left onto Chestnut Ridge Road. Proceed half mile through traffic signal and turn right into the Chestnut Ridge Shopping Center.

Route 17 North or South:

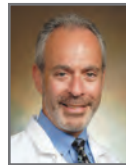
Exit highway at Saddle River/Woodcliff Lake exit. Proceed for 2 miles on East Allendale Road through 2 traffic signals to end. Turn left onto County Road/ Chestnut Ridge Road and proceed to traffic signal. Turn left onto Chestnut Ridge Road. Proceed to 2nd traffic signal and turn left into the Chestnut Ridge Shopping Center.



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PRP Therapy (Platelet Rich Plasma)

**A Safe, Natural, Non-Surgical
Treatment for Pain and Injury**



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Recent medical advances have uncovered a promising 100% natural treatment for pain and injury called Platelet Rich Plasma Therapy, or PRP. PRP Therapy has been shown to be safe and effective in treating a variety of injuries, from chronic conditions to acute trauma, which often eliminates the need for surgery. PRP treatment is also drug-free, with a short recovery time for most patients.

What is PRP Therapy?

Platelet Rich Plasma Therapy (PRP) is an exciting, natural, non-surgical treatment that involves the injection of healing proteins from a patient's own blood directly into the site of injury. These growth factors then trigger the body's natural instincts to repair itself and can often dramatically accelerate healing time.

An alternative to surgery for partial ligament and tendon ruptures, this therapy was originally developed in the 1970's and was administered in hospital settings. Recent technological advances have enabled PRP treatment to move into outpatient surgical centers such as Montvale Surgical Center.

Why is it Used?

When the body is injured or damaged, it initiates a powerful cascade of responses designed to begin the process of healing. This repair response usually starts with the formation of a platelet rich blood clot. Platelets then release healing proteins that go to work to heal the skin, bone and other tissues.

Certain injuries, however, can be resistant to healing due to a lack of blood flow to the area, repetitive stress, or wearing away of tissue. By injecting blood

Talk to your physician to find out if PRP can alleviate your pain.



platelets into the injured area, the healing proteins go directly to the site to repair the damage.

How is PRP Done?

A small amount of the patient's blood is drawn and placed into a filtration system where the growth factors are separated from the whole blood. This platelet rich liquid is then injected into the injured area. This highly rich platelet concentrate contains a larger amount of growth factor than found in normal blood, giving the body a potent boost to increase healing.

Conditions Treated

Shoulder & Arm Injuries

- Rotator cuff tendonitis and partial tears
- Golfer's and tennis elbow
- Elbow tendonitis
- Ligament sprains/tears

Back Injuries

- Facet joint arthritis
- Sacroiliac joint pain

Hip Injuries

- Hip girdle muscle pain or injury
- Bursitis
- Hamstring tendonitis and tears

Knee Injuries

- Patellar tendonitis/tendinosis
- Quadriceps muscle pain
- Ligament sprains and tears
- Bursitis

Foot & Ankle Injuries

- Plantar fasciitis
- Achilles tendonitis/tendinosis
- Ankle sprains
- Bursitis
- Tendon and ligament strains/tears

What to Expect

Montvale Surgical Center has a team of board certified specialists trained to perform the PRP procedure under ultrasound and x-ray guidance.

This innovative, yet relatively simple procedure usually takes less than one hour. During the procedure, blood is drawn from the patient's arm and then loaded into a centrifuge where it spins to separate blood cells.

4 Steps to PRP

Don't let the blood or needles scare you. PRP is a simple, safe procedure.



Step 1

Blood is safely drawn from the patient's arm.



Step 2

The blood is then loaded into a centrifuge to spin for 15 minutes at 3200 rpm.



Step 3

Platelet rich plasma is then extracted from the vial.



Step 4

The injured area is prepped, anesthetized then injected with PRP using a sterile needle and ultrasound guidance.

The extracted platelet-rich plasma is then collected in a sterile syringe so it can be injected into the injured area which is locally anesthetized. The patient is then free to go home.

Therapy Duration

Two to three weeks after the first PRP treatment, the doctor will evaluate the progress and determine whether more therapy is needed. Depending on the severity and duration of the injury or disorder, most patients require between one and four treatments.

As PRP therapy now gains popularity in the U.S., it is getting recognized by doctors and patients alike for having a terrific rate of success.

Many believe PRP has the potential to revolutionize sports medicine, orthopedics and beyond, with new applications being discovered daily.

