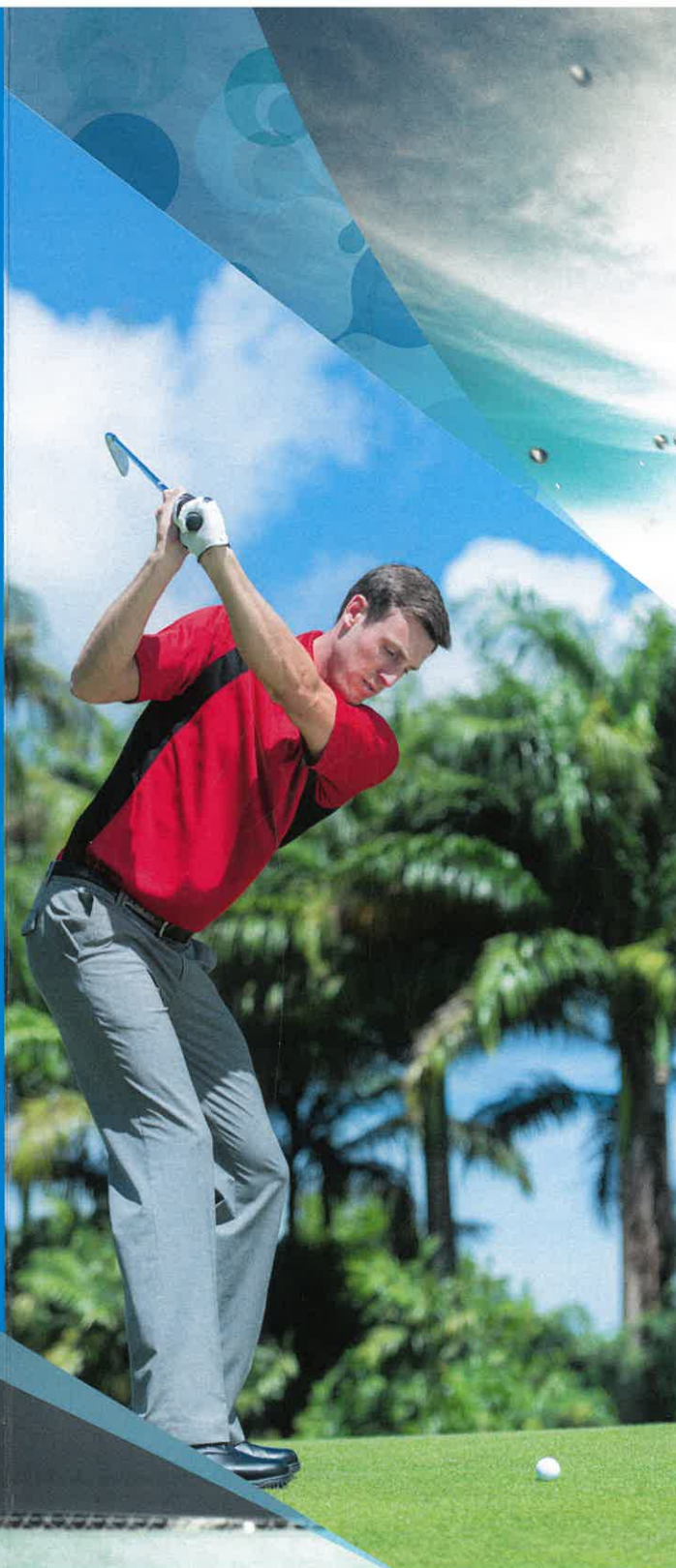


## What is PRP?

Platelet Rich Plasma (PRP) is concentrated from your own blood which contains healing factors, such as white blood cells and bioactive proteins, called growth factors and stem cell markers. These cells are vital for tissue regeneration and repair. Platelets, once thought of being responsible only for clotting, have been scientifically proven to be a reservoir of these vital healing components. With advanced techniques we are able to concentrate these regenerative healing cells in a simple outpatient setting.

- Minimally invasive
- Minimal to no down time
- Speeds up and promotes healing
- Natural and organic, autologous from your own body
- Less side effects when compared to steroid injections or surgery



A Patient's Guide To

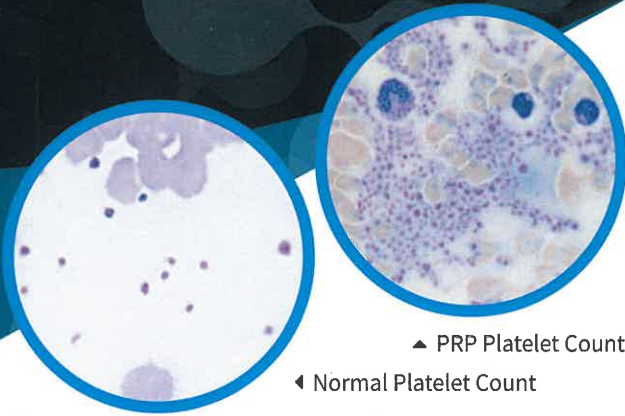
# PRP

## PLATELET RICH PLASMA THERAPY



# ALL PRP IS NOT CREATED EQUAL.

Doctors now have the ability to formulate the final PRP sample to include virtually no red blood cells, or enhanced neutrophils, growth factors and granulocytes, or even a super-concentrated PRP.



▲ PRP Platelet Count

◀ Normal Platelet Count

PRP formulations are now processed with more control and flexibility. White blood cells, proteins, growth factors, and stem cell markers can be added or removed from a sample to treat your condition. Platelets are considered concentrated when at least 4x the patient's platelets are obtained. PRP today can have concentrations 6x, 12x, and even 18x the patient's baseline. Advanced processing techniques allow us to obtain these concentrated samples and treat more patients more effectively.



## WHY USE PRP?

Platelet rich plasma is a complex composition of cellular components that, when prepared properly, can be used to heal and repair a host of injuries and conditions. Platelet rich plasma is a biologic, and the cornerstone of regenerative therapies used in modern medicine.

## HOW MANY PLATELETS ARE NEEDED?

When prepared correctly, PRP can make a difference in a patient's recovery. Scientific studies provide proof of bone and soft tissue healing enhancement with a minimum PRP platelet count of 1,000,000 platelets per microliter. This translates to a minimum of 1 billion platelets per milliliter. Therefore a 5mL treatment sample of PRP should contain at least 5 billion deliverable platelets.

## Recovery and Post Treatment Care

Any anesthesia used generally wears off in 1-2 hours. Initially, pain and swelling may occur at the injection site. Patients can apply ice and elevation as needed. Use the area as tolerated since restricting movement for an extended time can cause stiffening. Pain medication will be prescribed if needed. Most patients are able to return to usual activities with NO down time. Consult with your physician for best post injection protocol.

## Healing Process

The healing cascade takes 4-6 weeks to signal for Stem cells and regenerative cells to repair and rebuild the damaged tissue. Patients can expect to see significant improvement in symptoms and many report a gradual improvement return of function. Two to three treatments may be needed to obtain optimal results.

## Obtaining PRP

A small amount of peripheral blood is taken from the patient and placed into a FDA medically approved container. This sterile disposable container is placed in a specialized centrifuge for spinning twice to separate the whole blood sample into 'layers' of platelet rich plasma (PRP) and red blood cells. The PRP layer is aspirated from the red blood cells and is injected or applied, under sterile conditions, into the localized area of abnormality.



Final product after RBCs are removed and concentrated platelets reside at the bottom of the container. ▶

30min  
Procedure

4-6wk  
Healing Process

No  
Downtime

FDA  
Cleared