



ORTHOPAEDICS

When Experience Matters



Platelet Rich Plasma Information Booklet

with Dr. Lucas B. Richie



Lucas B. Richie, MD

Dr. Lucas Richie is a board-certified orthopaedic surgeon with Hughston Clinic Orthopaedics. He has fellowship training in orthopaedic sports medicine and has a particular interest in minimally invasive treatments, orthobiologics, cartilage preservation/restoration, and arthroscopy.

Dr. Richie works as a general orthopedist with multiple locations around the Nashville area in order to best serve his patients. He takes great pride in helping patient return to the activities they love. He sees and treats all orthopedic conditions from traumatic injuries and fractures to back pain, hand conditions, foot and ankle, and sports medicine, and even including MAKO robotic assisted joint replacement. He has a special interest in minimally invasive arthroscopic surgical procedures of the shoulder and knee with cartilage and joint preservation/restoration. Dr. Richie also offers cutting edge techniques such as orthobiologics. Dr. Richie also serves as the official team physician for Mount Juliet High School and Cross Hit Baseball Academy. He enjoys being a part of the community and the excellent athletic programs.

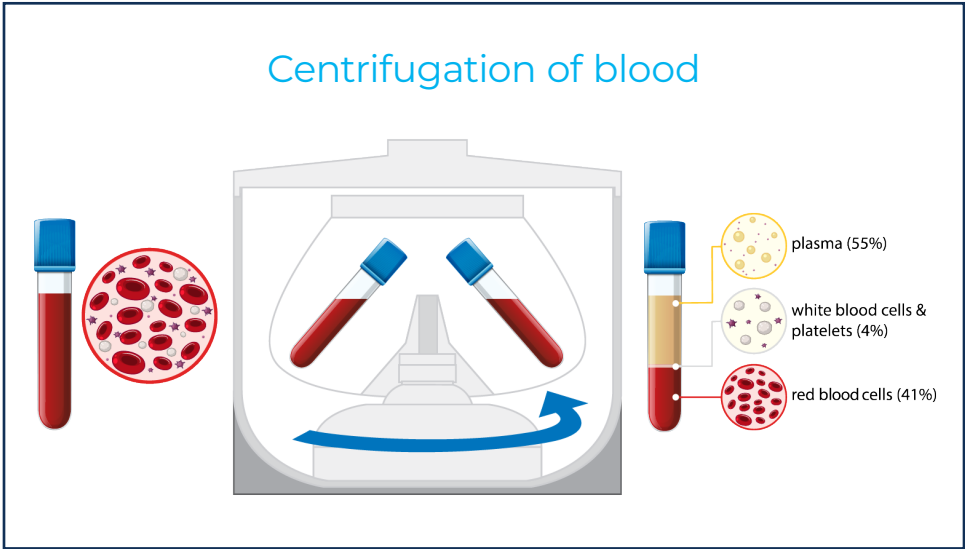
For questions, please call the offices of
Dr. Lucas Richie at any time.

Call (615) 547-6700 to schedule your consultation today!

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What is Platelet Rich Plasma?



Platelet Rich Plasma (PRP), is a product that can be used to treat a variety of ailments. It is produced from the patient's own blood on the day of the planned procedure. The blood that is drawn from an IV is able to be spun with a centrifuge to separate into layers. The layers after centrifugation are: red blood cells, platelet rich plasma, and platelet poor plasma. The platelets that are within our blood contain growth factors which help to stimulate healing. With separation of the blood the platelet rich plasma is concentrated with these specialized healing cells and can contain suprathapeutic levels of platelets (over 500 more platelets than normal blood). By then injecting this concentrated product we are able to harness the body's own healing potential and "jump start" healing without use of foreign material or medications.



Why use PRP?

PRP stimulates healing of the injured tissue by activating your body's natural healing capacity. Patients on average report more than 50% improvement in 6 weeks and may have up to 100% improvement in 12 weeks. The ultimate goal is to delay or eliminate the need for more aggressive and expensive treatment options such as long-term medication or surgery.

How is PRP given?

PRP is administered via and injection. This is routinely offered in the office and typically guided with ultrasound to ensure accuracy of injection. This can also be administered intra operatively to aid in the healing process.

Is PRP indicated for me?

PRP is indicated for a variety of pathologies including tendinitis, osteoarthritis, tennis elbow, and certain ligamentous, cartilage, and meniscal tears. For specifics in regards to your case please consult Dr. Richie.

How many treatments are necessary?

Most patients achieve successful outcomes with only one injection. In some cases, a series of three injections is required to achieve significant results. Each injection is spaced several weeks apart. There is no limit to the number of treatments you can have; however, literature has shown that about 15% of patients do not see improvement with more than three injections and should consider other treatments.

What are the side effects of PRP?

Many patients will have some increased local soreness as the PRP elicits an inflammatory and healing response. This is normal and typically is well tolerated and resolves in a few hours or days. Since the PRP is harvested from the patient's own body there is no risk of transmission reactions or infections. PRP has a strong antibacterial effect so risk of infection is low.

Does insurance pay for this treatment?

In general, the answer is no. This is a newer treatment option and for this reason it is not yet incorporated to their list of approved procedures and do not consider this to be a reimbursable expense. Workman's compensation does cover this for some indicated pathologies.



Pre-procedure instructions

1. Stop anti-inflammatory (NSAIDs) medications 5 days prior to procedure (e.g. ibuprofen, naproxen, celebrex, etc.).
 2. In some cases, you may need to stop blood thinners (e.g. Aspirin, Plavix, Coumadin, etc.) 7 days prior to procedure. You must discuss this with Dr. Richie, as well as your cardiologist or primary doctor and obtain approval. Other daily medications may be taken normally as directed.
 3. You may choose to have someone help to drive you home but this does NOT require anesthesia and a vast majority of patients do not need assistance after.
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Post-procedure instructions

1. Blood thinners (e.g. Aspirin, Plavix, Coumadin, etc.) may be resumed immediately after the procedure.
2. Avoid anti-inflammatory medications for 2 weeks after the procedure (e.g. ibuprofen, naproxen, celebrex, etc.).
3. Increased irritation in the affected area may occur after your PRP injection. This is part of the healing process. Ice the affected area three to four times per day for 15 minutes for the next three days. You may take Extra Strength Tylenol as needed for pain or the prescribed pain medication.
4. If you develop fever, persistent redness and swelling at the site of injection, call Dr. Richie's office. These may be a sign of infection.
5. The most important part of the PRP Therapy is that you follow the post-procedure instructions in order to optimize the healing of the tissue and decrease the risk of causing further damage.
6. If a splint was provided, you should wear it during the first 7 days. A post-PRP rehabilitation program will be provided to you to complete with your physical therapist. PRP for knee arthritis typically has no post procedure restrictions or specific therapies.



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The bottom of the page features three overlapping geometric shapes: a light teal triangle on the left, a bright blue triangle in the middle, and a dark blue triangle on the right, all pointing towards the bottom right corner.