

What is Platelet Rich Plasma Therapy?

Platelet Rich Plasma Therapy (PRP) is a promising solution to accelerate healing of tendon injuries and osteoarthritis naturally without subjecting patients to significant risk. The philosophy is to merge cutting edge technology with the body's natural ability to heal.

PRP technology was initially developed 20 years ago to aide with wound healing and blood loss. Its benefits are now being applied towards the facilitation of healing tendons and cartilage. In fact, PRP has been widely used for years in Europe to treat various tendon injuries.

How does a PRP procedure work?

Using the patient's own blood, specially prepared platelet are taken and then re-injected into the affected area under ultrasound guidance to ensure accuracy. These platelets release substances known as "growth factors" that lead to tissue healing. For example, when you cut yourself, the body's natural response is to attract platelets that release growth factors and facilitate the healing. By concentrating the platelets we increase the release of growth factors which promotes the healing of tendons and cartilage.

The human body has a remarkable ability to heal itself and by re-injecting concentrated platelets we are facilitating the natural healing process.



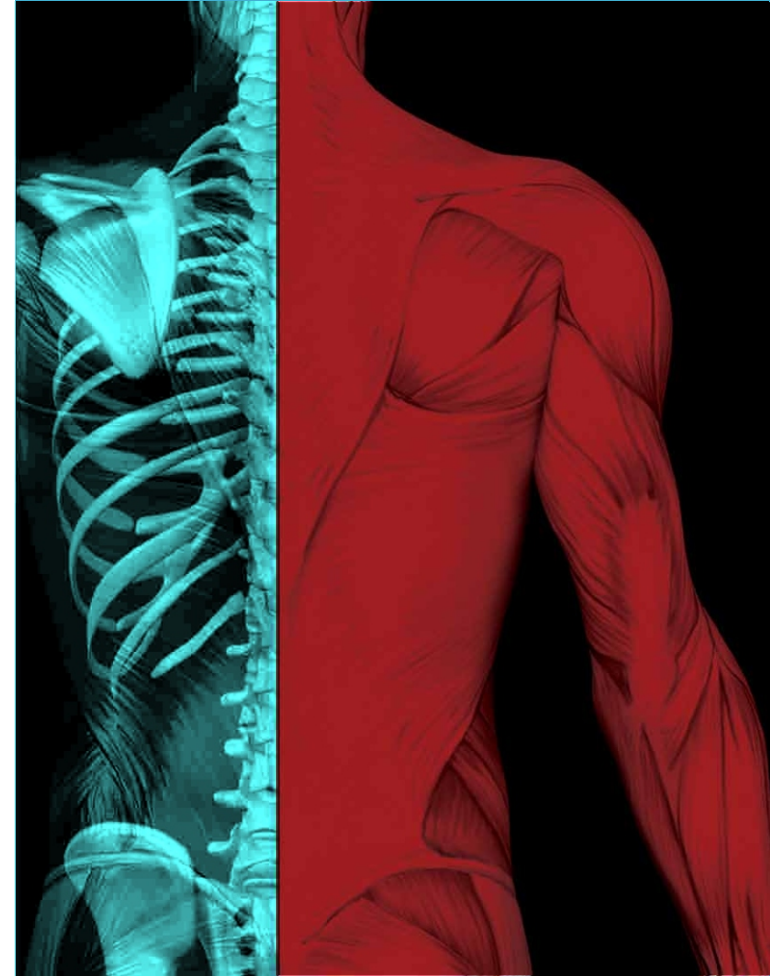
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PRP Treatment is available at:

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A Patient's Guide to Platelet Rich Plasma Therapy (PRP)

A New Approach for Healing Tendon Injuries and Osteoarthritis



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Is PRP right for me?

Patients should consider PRP treatment if they have been diagnosed with any of the following:

- Tennis elbow
- Golfer's elbow
- Knee tendonitis
- Rotator cuff tears
- Achilles tendonitis
- Plantar fasciitis
- Osteoarthritis *

For most patients PRP offers a solid, alternative treatment for those who do not wish to have surgery. An initial evaluation will determine if PRP is a viable treatment option.



A study published in the American Journal of Sports Medicine in November 2006 showed that over 90% of patients with tennis elbow were “completely satisfied” with the results of their PRP treatments and avoided surgery.⁽¹⁾

⁽¹⁾⁽²⁾ Treatment of Chronic Elbow Tendinosis With Buffered Platelet-Rich Plasma, American Journal of Sports Medicine, Nov 2006, Vol X, No.X

What are the benefits of PRP Treatment?

Patients can expect to see significant improvement in symptoms; elimination of the need for more traditional treatments such as medications, cortisone injections or surgery; and a dramatic return of function.

How soon can I go back to regular physical activity?

This treatment is not a “quick fix” and is designed to promote long-term healing. The process of PRP requires time and rehabilitation. Patients who follow a course of physical therapy are likely to see the most improvement in the affected area. PRP accelerates and shortens the recovery process in chronic injuries and new acute injuries.

Prior studies on tennis elbow have demonstrated an 81% improvement in pain scores at six months and, 93% reduction in pain at follow up at 1-3 years.⁽²⁾

Through regular follow-up visits your doctor can determine when you are able to resume regular physical activities.

How do I prepare for an injection?

Patients should schedule an evaluation to determine if PRP is a viable treatment option. An MRI and/or musculoskeletal ultrasound may be done prior to the injection to insure a proper diagnosis and to rule out any condition best treated surgically.

The PRP injection usually takes an hour and is performed on an outpatient basis. Do not take anti-inflammatories one week before or after the injection as this may limit the treatment benefits.

Depending on a patient's condition, a series of 1-3 injections may be required.

How do I care for the injection site after treatment?

Initially the procedure may cause some localized soreness and discomfort. It is recommended that patients arrange for someone to drive them home after the procedure. Patients may apply ice and elevation as needed. After one week the patient will likely begin a rehabilitation program with physical therapy. Notify your physician if you have an allergy to lidocaine or bupivacaine (marcaine). If you are unsure, contact your primary care physician.

What are the significant side effects?

Although uncommon, the risks include those signs/symptoms associated with an injection including: pain, infection, no relief of symptoms, worsening of symptoms, blood clot, nerve injury, skin discoloration, calcification, scarring, loss of fat to the affected area, and allergic reaction.

After the injection, if you experience any of the above side effects, please contact your doctor.

For more information:

**Call +90 212 5002547 or
visit www.neotec.com.tr**