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Platelet Rich Plasma - PRP

What is PRP?

Platelet Rich Plasma (PRP) is a concentration of platelets and growth factors created from a designated amount of your own blood. Increased levels of growth factors improve signaling and recruitment of cells to an injury site and optimize the environment for healing. This treatment has been used to assist in the treatment and recovery of injuries as well as to improve the symptoms of arthritis.

How does the PRP process work?

Dr. Vidal and her team will recover a designated amount of blood from your arm using a small needle and a specially designed syringe. The blood then goes through a rapid spinning process that separates and concentrates the platelets and other beneficial growth factors from the blood. The plasma containing these platelets and growth factors are then injected into the treatment area. The entire PRP production process is usually done in approximately 90 minutes.

Will my insurance cover this procedure?

While PRP treatments have been around for many years, almost all insurance companies consider this treatment experimental and deny coverage. Feel free to talk to Dr. Vidal to find out if you're a candidate for PRP.

Tips for a successful procedure:

No anti-inflammatories or aspirin for 10-14 days prior to procedure.

Please hydrate well for a minimum of 24 hours prior to procedure.

Eat a good meal before arriving for your procedure.

Discuss what other medications you are taking that may need to be stopped prior to the procedure.

Patients with active cancer or a recent history of cancer may not be good candidates for PRP.

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