

# PLATELET-RICH PLASMA (PRP) INJECTION GUIDE

**Dr. Stephen Thon & Eric Dusin, PA**

## PURPOSE OF TREATMENT

Platelet-rich plasma (PRP) therapy utilizes your body's natural healing properties to treat chronic tendon injuries and arthritis. This treatment concentrates platelets from your own blood to promote tissue healing and repair.

## YOUR CARE TEAM

- Eric Dusin, PA will perform your PRP injection procedures
- Dr. Stephen Thon will oversee your overall treatment plan and monitor your progress between injections
- Our team will work together to ensure comprehensive care throughout your treatment journey

## PREPARATION (7 DAYS BEFORE TREATMENT)

- STOP all NSAIDs (including ibuprofen, naproxen, Celebrex, Diclofenac, Meloxicam, indomethacin, etc.)
- Alert our team about any medications you currently take
- Arrange transportation if you feel anxious about driving
- Stay well-hydrated before the procedure

## PROCEDURE DETAILS

Duration: ~45-60 minutes total. Specific appointments are set aside for PRP injections as specific times.

*Process:*

1. Blood collection from your arm
2. Processing of your blood to concentrate healing factors
3. Numbing medication application
4. Ultrasound-guided injection (when appropriate)
5. Post-procedure care instructions

## WHAT TO EXPECT

- Some discomfort during the injection is normal
- Pain levels vary between individuals
- Most patients can drive afterward unless anxious

## COST

- \$900 per injection
- Currently not covered by insurance plans (some workers compensation is the exception)
- Our office can discuss payment options

**Stephen G. Thon, MD**

Phone: (303) 344-9090

Fax: (720) 895-1121

[ThonCareTeam@occ-ortho.com](mailto:ThonCareTeam@occ-ortho.com)

[www.AdvancedOrtho.org](http://www.AdvancedOrtho.org)

[www.occ-ortho.com](http://www.occ-ortho.com)

## **POST-INJECTION INSTRUCTIONS**

### **IMPORTANT MEDICATION RESTRICTIONS**

- DO NOT APPLY ICE for the first 7-10 days after your injection
- DO NOT use NSAIDs (Advil, Motrin, Aleve, Naprosyn, Celebrex, etc.) for 12 weeks after the procedure
- Any corticosteroid medications must be discontinued for 4 weeks after the procedure
- Consult with Dr. Thon before starting any new medications

### **PAIN MANAGEMENT**

- You may experience increased pain in the first 24-48 hours as your immune system is stimulated (this is a good sign that healing is taking place)
- For discomfort, we recommend Tylenol (acetaminophen) as needed
- If pain becomes severe, contact our office for guidance

### **WOUND CARE**

- Keep the injection site clean and dry
- A small bandage may be applied for 12-24 hours
- You may shower at any time
- After 10 days, you may apply ice to the injection site for 20 minutes every 2-3 hours if needed

### **ACTIVITY RESTRICTIONS**

- Upper extremity injections: Avoid repetitive motions, pulling, tugging, grasping or gripping until re-evaluated at your next visit
- Lower extremity injections: Use assistive devices until you can walk without increased pain

### **FOLLOW-UP CARE**

- You will be given specific rehabilitation instructions at your follow-up appointment
- Keep all scheduled appointments with Dr. Thon and Eric Dusin, PA to monitor your progress
- Document your response to treatment

### **CONTACT OUR OFFICE IMMEDIATELY IF YOU EXPERIENCE:**

- Drainage from the injection site
- Bleeding
- Fever
- Severe pain unrelieved by recommended pain management
- Any concerning symptoms

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*Note: This treatment guide is personalized for our practice but your specific treatment plan may vary based on individual factors. Always follow the specific instructions provided by Eric Dusin, PA and Dr. Thon during your visits.*

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