Autologous blood & PRP injections

PATIENT INFORMATION SHEET INT14

Your appointment:

Date: .....

Time: .....

Location: .....

Please see our website for more clinic details.

Duration of examination

Up to 45 Minutes

Please bring with you:

- Your request form
- Medicare and any
- Healthcare cards

Payment on the day of the examination is requested.

For more information regarding Benson Radiology please visit:

bensonradiology.com.au

What are autologous blood and platelet rich plasma injections?

Autologous blood injections (ABI) are usually used for the treatment of tendinopathy or tendinosis (also known as tendinitis). Examples include tennis elbow, golfers elbow, Achilles tendinitis and patellar tendinitis.

ABI procedures involve injecting a patient's own blood into a tendon to aid repair of tendinopathy.

Blood contains platelets which have growth factors which promote healing of tissues, including tendons.

Platelet rich plasma (PRP) can also be injected and has a higher concentration of platelets but its benefit over autologous blood is not yet proven.

Both ABI and PRP procedures are performed in the same manner. It is up to your referring doctor as to which type of injection is most appropriate to be performed in your case.

What will happen during the examination?

The procedure takes approximately 15 minutes. The skin is cleaned with antiseptic and local anaesthetic is then injected superficially at the site.

Two to three mls of blood are taken from the arm and injected into the tendon under ultrasound guidance.

In the case of PRP the blood is first spun in a centrifuge (available at our Modbury Hospital and Ashford clinics) to concentrate/separate the platelets. This platelet rich blood is then injected.

The injection may cause discomfort or a burning sensation in some patients.

Are there any risks?

The main risk is infection, but this is very unlikely. If you experience flu-like symptoms, temperature, excess pain or swelling at the injected area, please seek medical advice.

After the examination

Following your procedure, you may find the treated area to be painful for 12 to 24 hours. Rest for the treated area is recommended for the week following the procedure. Bruising and a flare up of pain in the few days post procedure can occur. Ice packs and paracetamol may be used to treat these symptoms.

Your referring doctor may recommend additional post-procedure treatment to supplement the injection. **Unless otherwise directed by your doctor, do not use aspirin or non-steroidal analgesics such as Nurofen for 5 days.**

The benefits of the injection can take up to four to six weeks. A repeat injection is sometimes required after one to three months.

It is recommended that you arrange for someone to drive you home from your procedure.

It is important you understand why and how we will be assisting you. If you have any questions, please call one of our clinics or speak to our staff on the day of your visit.

Benson radiology

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