Platelet-Rich Plasma Therapy

PATIENT INFORMATION & PROCEDURE GUIDE

Understanding The Procedure

Platelet-Rich Plasma (PRP) injection therapy is an advanced, **regenerative** treatment designed to harness and accelerate your body's natural healing mechanisms. Instead of temporarily decreasing inflammation like steroid injections, PRP utilizes a highly concentrated dose of your own blood platelets to actively repair damaged, degenerated, or chronically inflamed structures throughout the body, spanning musculoskeletal tissues, spinal anatomy, and cellular hair restoration profiles.

Therapeutic Benefits

- **Accelerated Tissue Regeneration:** Platelets contain a high concentration of bioactive proteins and signaling molecules known as growth factors. When injected into targeted tissues, they stimulate cellular repair, collagen synthesis, and new blood vessel formation.
- **Versatile Healing Applications:** PRP safely modulates local inflammatory environments, transitioning chronic, non-healing conditions into active, productive recovery states across several distinct clinical areas:
- **Musculoskeletal System:** Repairs micro-tears, wear, and chronic inflammation in joints, tendons, and muscles.
- **Spine & Neurological Care:** Promotes tissue structural recovery when delivered directly into spinal discs to address discogenic pain.
- **Epidural Injections for Radicular Pain:** Delivered directly into the epidural space to target irritated nerve roots. Rather than just temporarily masking inflammation like traditional steroids, PRP epidural injections help bathe the nerve roots in healing growth factors to treat radicular pain (sciatica) and chronic nerve irritation at its source.
- **Aesthetic Restoration:** Rejuvenates cellular activity within the scalp to address hair follicle balding restoration, stimulating natural hair density and growth.
- **Durable, Long-Term Structural Preservation:** By promoting structural tissue repair at the cellular level, PRP addresses the root cause of mechanical and degenerative decline, offering sustained functional improvements that can delay or prevent the need for invasive surgeries.

Nicolas Pugh, MD | Adrianne Anders, NP | Ted Chaka, PA

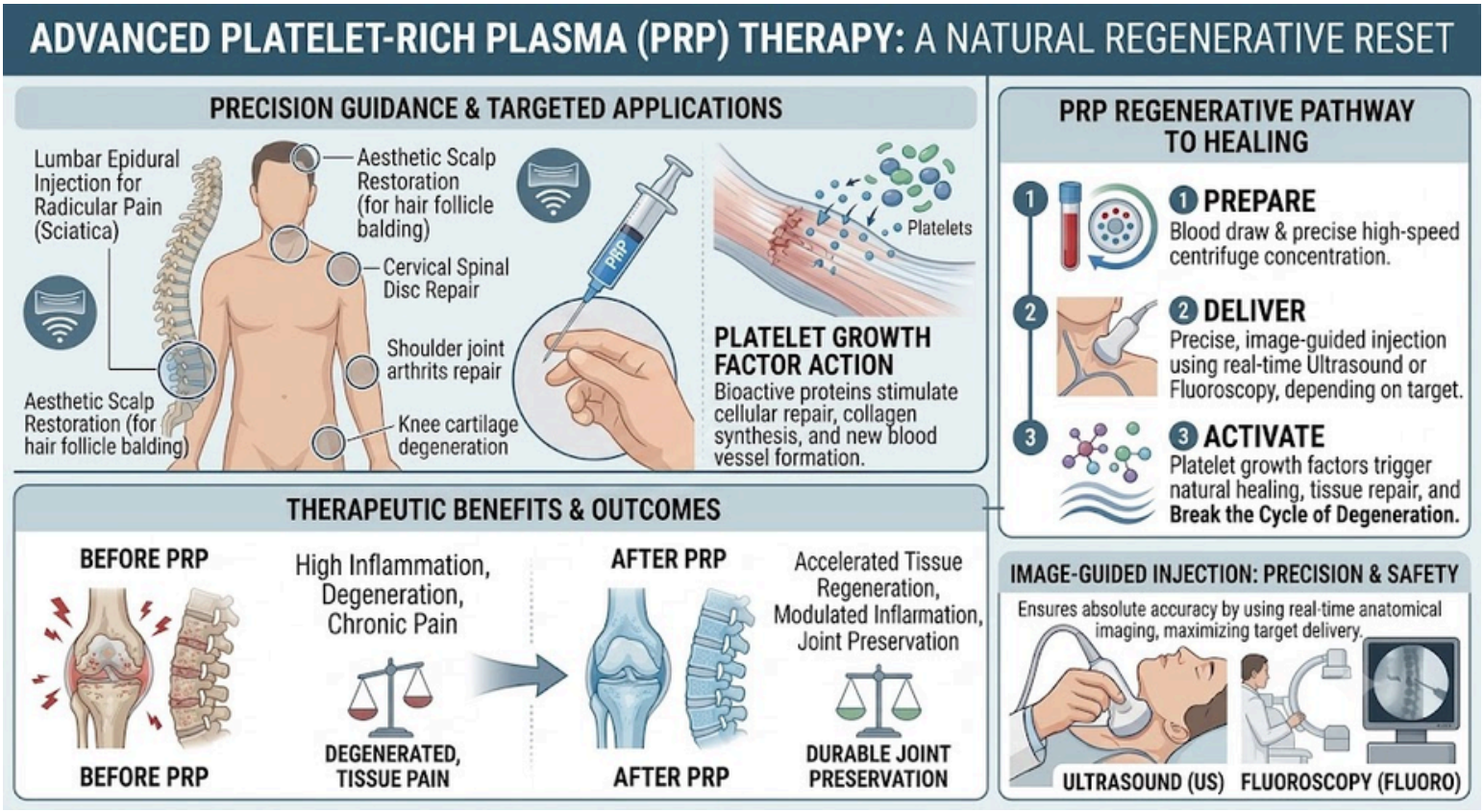
Abilene Pain Locations
Main: 1925 Hospital Drive
Chaka: 6819 Memorial Dr. Ste B

Contact Numbers
Main: 325-326-3433
Chaka: 325-468-8096

Online
Email: info@abilenepain.com
Web: www.abilenepain.com

Platelet-Rich Plasma Therapy

PATIENT INFORMATION & PROCEDURE GUIDE



What to Expect During the Procedure

- **Natural Processing:** Blood is drawn and processed in a centrifuge to separate platelets and plasma, creating a concentrated PRP sample.
- **Duration:** The entire process takes about 30 to 45 minutes, including blood collection and injection, however, the duration depends on many variables.
- **Comfort & Setting:** The injection occurs in a comfortable, sterile environment, with local numbing to reduce discomfort from the temporary pressure sensation.

Anticipated Outcomes & Next Steps

- **The Healing Phase:** Because PRP initiates an active, natural healing cascade, it is normal to experience temporary localized soreness, swelling, or stiffness at the injection site for the first few days. This "productive inflammation" is a sign that the repair process has begun.
- **Avoid Anti-Inflammatories:** To ensure the platelets can effectively trigger this healing response, patients must avoid anti-inflammatory medications (NSAIDs like ibuprofen, naproxen, or meloxicam) for a specific window before and after the procedure.
- **Results Timeline:** Unlike immediate structural blocks, cellular regeneration takes time. Noticeable functional improvements, pain reduction, or structural changes typically begin to manifest between 4 to 6 weeks and can continue to build for several months following the treatment.

Nicolas Pugh, MD | Adrianne Anders, NP | Ted Chaka, PA

Abilene Pain Locations
Main: 1925 Hospital Drive
Chaka: 6819 Memorial Dr. Ste B

Contact Numbers
Main: 325-326-3433
Chaka: 325-468-8096

Online
Email: info@abilenepain.com
Web: www.abilenepain.com