

## **PLATELET-RICH PLASMA (PRP) CONSENT FORM**

You have the right to be informed of the nature of your procedure, and its risks, benefits and alternatives. Except in an emergency, the procedure is not performed until you have had the opportunity to receive this information and have given your consent. You have the right to consent to or refuse the procedure at any time prior to its performance. Your other medical care will not be adversely affected if you decide to withhold or withdraw your consent to this treatment. We cannot guarantee or promise that you will receive any benefits from this treatment. You will receive an injection of your own platelet-rich plasma (PRP). This procedure is considered an experimental treatment undergoing research and majority medical insurance carriers do not recognize this treatment for this medical condition. However, many preliminary results have shown successful outcomes as a treatment for your condition.

**THE PROCEDURE: If you elect to proceed with PRP, SMSC doctor and staff will prepare you with the below instructions:**

### **PRE-PROCEDURE INSTRUCTIONS**

- No corticosteroid injections should be given prior to PRP.
- Discontinue all anti-inflammatory medications (Aspirin, Advil, Ibuprofen etc.) one week prior to the procedure.
- No anticoagulation medication use should be done five days prior.
- Increase fluid intake 24 hours prior.

### **WHAT TO EXPECT ON THE DAY OF THE PROCEDURE**

- Withdrawing blood will be from your arm.
- The blood will be placed into a centrifuge and spun down to obtain the platelet-rich plasma concentrate.
- If warranted, an ultrasound or fluoroscopy machine may be used to localize the injection site(s).
- The PRP will be injected into the involved area for the actual treatment.
- Your blood sample will only be used for this procedure and will be discarded following the injection.
- There will NOT be genetic alteration or manipulation of your own blood.

### **POST-PROCEDURE INSTRUCTIONS**

- Do not use anti-inflammatory medication until one-week post injection. Tylenol may be used for pain.
- Ice and heat may be used as needed.
- Activity: Normal day to day activity is fine. Refrain from any significant activity involving the injected site.
- Physical therapy will begin one week post-injection. This consists of passive stretching and eccentric exercises progressed to open chain and return to sport-functional drills.
- Avoid shower/bath/swimming the day of the injection.

**The Risks:** Any procedure may involve the risk of an unsuccessful result or complication, including but not limited to bleeding, infections, nerve/nervous system damage, injury or even death from both known and unforeseen causes. The primary risks of this treatment include: (a) those signs/symptoms associated with an injection, such as pain, superficial or deep infection around the site, no relief of symptoms, worsening of symptoms, deep venous thrombosis, damage to neurovascular structures, and the potential for scar tissue formation, (b) those associated with blood drawing, such as the possibility of an infection, pain, bruising and or bleeding and (c) a reaction to the numbing agent, which is unlikely but if it occurred could involve an allergic reaction, local toxicity or potentially intravascular infection. There is no guarantee for 100% pain relief or 100% tissue repair. Finally, since the long-term research for this treatment has not been completed, there are also potential risks associated with this injection that are not known.

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**The Potential Benefit:** Office Injection and Surgical Management:

- Several clinical studies have demonstrated improved function and decreased pain to various maladies, including – but not limited to – elbow, wrist, shoulder, hip, knee, and ankle tendonosis.
- Early work is also showing promise for osteoarthritis.
- Considered a relatively low-risk treatment with the potential to improve or speed healing in rotator cuff repairs, anterior cruciate ligament grafts and other musculoskeletal procedures.
- The platelets are active for 6 weeks and it can take up to 6 months for normal collagen to form and heal completely.
- Repeat injection may be necessary.
- Our goal is for improvement in pain with activity. Mild to moderate relief might benefit from a second or third injection. If subsequent treatments are needed they are usually performed 4-6 weeks apart.
- I understand that Alternative Treatments are available and you should consider these prior to your PRP consent.
  - Anti-inflammatory medication
  - Physical Therapy
  - Cortisone injection
  - Surgery

**Insurance disclaimer:** According to most insurance, “It is considered non-standard therapy and falls under the category of experimental/investigational/unproven. Your benefit plan does not cover experimental/investigational/unproven services”.

**YOUR SIGNATURE INDICATES THAT YOU:**

- Doctor has informed me of all the alternative treatment options including surgical options.
- Read and understand the above information and have received all of the information you desire about the procedure.
- Have discussed the treatment with your doctor and they have addressed all of your concerns and questions related to the procedure.
- Understand that there is no guarantee for symptom resolution or cessation of symptoms as a result of this treatment
- Understand that PRP is considered experimental and is not an FDA approved procedure at this time.
- Understand that this treatment does not result in a new spine or joint
- Understand that plate-rich-plasma is not bone marrow stem cell therapy
- Consent to the performance of the procedure described above.
- Have received a copy of this form.

Patient Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Witness Signature: \_\_\_\_\_