

What is PRP and How Does It Work?

PRP is *Platelet Rich Plasma* found in your blood. You have platelets, healing factors within your own blood, that can be concentrated to promote healing. PRP is the concentrated portion of your blood that consists of plasma, platelets, and other cells that stimulate healing. PRP can activate healing, or be used to speed up the healing process.

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“For some patients, PRP is the recommended treatment because it can potentially promote healing and has the added benefit of being a natural source for pain relief.”

–Michael Gitelis, M.D.

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HOW IS PRP OBTAINED AND ADMINISTERED?

Potential patients are evaluated by an experienced orthopedic surgeon with an initial appointment. If PRP is determined to be the appropriate treatment option, PRP is obtained via a simple blood draw and then processed via five-minute centrifugation. Your own highly concentrated PRP is then re-injected into the injury site by an experienced practitioner where it can activate healing, reduce inflammation, and speed up the healing process.

PRP can be administered in the office setting, with or without the use of X-ray or ultrasound guidance. The length of a PRP treatment in the office takes the same amount of time as a standard injection. PRP can also be administered during minimally invasive or arthroscopic surgery.

HOW LONG BEFORE I FEEL BETTER AND HOW LONG DOES IT LAST?

Many patients feel better within a few weeks, but this depends on your own body’s response to the healing process. This is not like a cortisone injection that simply reduces inflammation in the short term. Unlike cortisone and other synthetic drug injections that may have side effects, PRP is a natural treatment that can reduce inflammation and help your body heal. PRP can have the added ef-

fect of releasing your body’s own serotonin, which is a natural pain reducer. Current studies have not shown any significant adverse side effects.

WHAT IS THE COST FOR PRP?

Out-of-pocket costs, pending possible approval by insurance, is \$600-950 per treatment, depending on the treatment required and recommended by your doctor. Typically, patients receive one treatment per injury.

INSURANCE COVERAGE

PRP is currently not approved by many insurance companies because it is a newer treatment. While this is a completely safe procedure that has been approved by the FDA for safety, insurance companies are awaiting more studies before they approve coverage for multiple indications. There are over 100 published studies on the effectiveness and safety of PRP and many more are currently underway.

WHO IS GETTING THIS TREATMENT?

- Professional athletes
- Weekend athletes (tennis players, runners, weight lifters, skiers, cross fitters, dancers, cardio lovers)
- People with osteoarthritis
- People who have not had effective healing and pain relief from other treatments
- Potential surgical candidates who want to forestall surgery
- Surgical patients interested in faster post-operative healing

WHERE CAN I GO FOR PRP?

Dr. Michael Gitelis is an orthopedic surgeon and a leader in arthroscopic development. Dr. Gitelis evaluates each patient and offers his patients the most minimally invasive course of treatment possible.

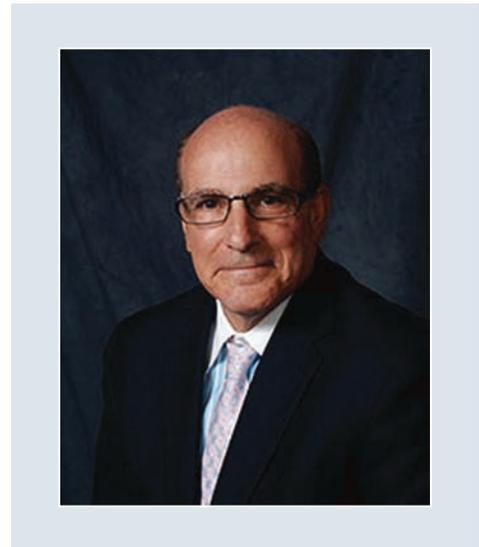
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“The goal of PRP is to maximize the patient’s own natural healing mechanism in order to improve his or her pathology.”

–Michael Gitelis, M.D.

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