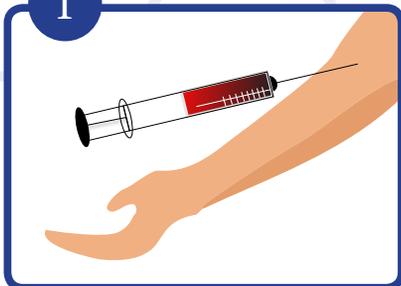


# The iPRF Clinic

## Platelet Rich Plasma (PRP) Process:

### 1 Blood Collection



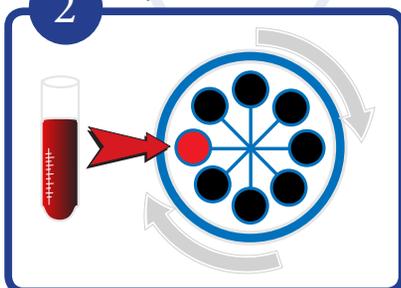
### What is the actual process to undertake PRP injections?

Blood is drawn from your arm.

It is placed in a centrifuge to separate out the red blood cells, plasma layer and platelets.

The layer containing the plasma and platelets are extracted. This is then carefully injected into the area to be treated.

### 2 Separation of Platelets



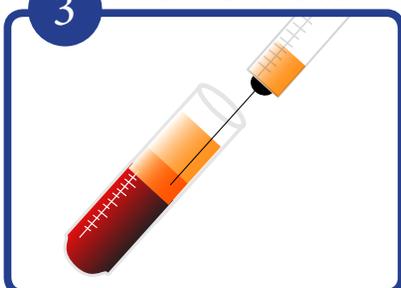
### How long is the process?

The whole process should take approximately 30 minutes from the time the blood is drawn to completing the injections.

### How long will it last?

Each patient's response to PRP injections will vary and past studies indicate the improvements from PRP injections can last between 2 weeks to 2 years. This will vary from patient to patient and approximately 15% of patients do not respond to their own cytokines released through the PRP injections. Most patients will start noticing improvements about 1 to 2 weeks after the treatment. Maximum effects are usually seen at 6-9 months with ongoing treatments.

### 3 Platelet-Rich Plasma



### How many follow up treatments would I need?

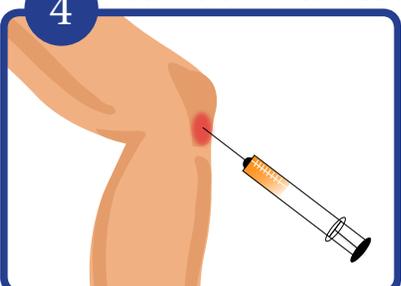
For the typical patient, follow up treatments will be between 2 to 8 week intervals after the initial injection. We are able to follow your progress over time via consultations and determine if you are in need of another injection.

### Do I need to take time off work?

For most patients taking time off work is not necessary.

However, we do recommend that on the day of your PRP injection you should limit the activity related to the injection site to a bare minimum.

### 4 Return the PRP to Patient



### How soon can I resume normal activities?

You may continue with your normal daily living movements as required. Do not return to higher level activities such as running cycling, weight training etc until 1 - 2 weeks after your injection or as directed by your doctor.

### Post-Operative Instructions for PRP

Some redness and swelling may occur after the procedure.

You may ice the area for 20 minutes every 2 to 3 hours after the procedure for the first 24-48 hours if you feel that it is necessary to keep the swelling down.

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