



INFORMED CONSENT FOR PLATELET RICH PLASMA TREATMENT

Platelet Rich Plasma, also known as “PRP” is an injection treatment whereby a person’s own blood is used. A fraction of blood (20cc-55cc) is drawn up from the individual patient into a syringe. This is a relatively small amount compared to blood donation which removed 500cc.

The blood is spun down in a special centrifuge (according to standard Harvest Techniques) to separate its components (Red Blood Cells, Platelet Rich Plasma, and Plasma). The platelet rich plasma is first separated then activated with a small amount of calcium to allow the release of growth factors from the platelets which in turn amplifies the healing process. PRP is then injected into the area to be treated. Platelets are very small cells in your blood that are involved in the clotting process.

When PRP is injected into the damaged area it causes a mild inflammation that triggers the healing cascade. As the platelets organize in the clot they release a number of enzymes to promote healing and tissue responses including attracting stem cells to repair the damaged area. As a result, new collagen begins to develop. As the collagen matures it begins to shrink causing the tightening and strengthening of the damaged area.

BENEFITS of PRP: Along with the benefit of using your own tissue therefore eliminating allergies there is the added intrigue of mobilizing your own stem cells for your benefit. PRP has been shown to have overall rejuvenating effects on the ligaments via the increased production of collagen and elastin. Other benefits: minimal down time, safe with minimal risk, short recovery time, no general anesthesia is required.

CONTRAINDICATIONS: PRP used for musculoskeletal procedures is safe for most individuals between the ages of 25-80. There are very few contraindications; however, patients with the following conditions are not candidates: 1) Acute and Chronic Infections 2) Skin diseases (i.e. SLE, porphyria, allergies) 3) Cancer 4) Chemotherapy 5) Severe metabolic and systemic disorders 6) Abnormal platelet function (blood disorders i.e. Hemodynamic Instability, Hypofibrinogenaemia, Critical Thrombocytopenia) 7) Chronic Liver Pathology 8) Anti-coagulation therapy 9) Underlying Sepsis 10) Systemic use of corticosteroids within two weeks of the procedure, and 11) Pregnant or breastfeeding.

RISKS AND COMPLICATIONS: I have been informed that some of the side effects of PRP include: 1) Pain or itching at the injection site 2) Bleeding, Bruising, Swelling and/or Infection 3) Short lasting pinkness/redness (flushing) of the skin 4) Allergic reaction to the solution 5) Injury to a

nerve and/or muscle 6) Nausea/Vomiting 7) Dizziness or fainting 8) Temporary blood sugar increase.

RESULTS: Results are generally visible in 2-3 weeks and continue to improve gradually over the next 3-6 months with improvement in strength and function.

CONSENT: My consent and authorization for this elective procedure is strictly voluntary. By signing this informed consent form, I hereby grant authority to the physician/practitioner to perform Platelet Rich Plasma aka "PRP" injections to area(s) discussed during our consultation, for the purpose of ligament strengthening.

I have read this informed consent and certify I understand its contents in full. All of my questions have been answered to my satisfaction and I consent to the terms of this agreement. I agree to adhere to all safety precautions and instructions after the treatment. I understand that medicine is not an exact science and acknowledge that no guarantee has been given or implied by anyone as to the results that may be obtained by this treatment. I also understand this procedure is "elective" and not covered by insurance and that payment is my responsibility. Any expenses which may be incurred for medical care I elect to receive outside of this office, such as, but not limited to dissatisfaction of my treatment outcome will be my sole financial responsibility. Payment in full for all treatments is required at the time of service and is non-refundable. I hereby give my voluntary consent to this PRP procedure and release Mary Louder, DO and her medical staff, and specific technicians from liability associated with the procedure. I certify that I am a competent adult of at least 18 years of age and am not under the influence of alcohol or drugs. This consent form shall be binding upon my spouse, relatives, legal representatives, heirs, administrators, successors and assigns. I agree, if I should have any questions or concerns regarding my treatment/results I will notify this office at 303-722-9000 immediately so that timely follow-up and intervention can be provided.

Patient Signature: _____

Patient Name (print): _____ Date: _____

Clinician Signature: _____

Clinician Name (print): _____ Date: _____