

Regenerative Pain Medicine

- ✓ A small volume of platelet rich plasma (PRP) can contain a high concentration of growth factors and cytokines. PRP has a dual role to firstly create a healing environment and secondly reduce inflammation.
- ✓ By using PRP it can reduce peripheral nerves supply sensation to a small, defined area of the skin and the underlying tissue including tendons and ligaments
- ✓ Ultrasound guidance or X-ray can be used to increase the accuracy of this injection in order to treat the painful area.

The aim of the procedure to help relieve the pain by reducing the inflammation and to promote healing.

Important things to remember about your procedure include:

- a) You may feel an area of “numbness”, “tingling” or heaviness after the procedure. This is from the local anaesthesia. It will wear off gradually over 24-36 hours.
- b) It is normal that the pain may increase in intensity over the first 4-7 days after the injection.
- c) Applying an ice pack to the injected area can often provide short term pain relief
- d) Bruising may be present in the area where the injection was placed.
- e) Infection is rare but if it feel hot /swollen please ask your GP to review.
- f) Generally you can return to light activity within 24 hours. Avoid excessive activity / heavy work for 48 hours after the procedure.
- g) Be sure to use you analgesics during this time to help recovery.
- h) You are encouraged to actively use the muscle groups involved and attending your physiotherapist within 10 days of the procedures would normally be recommended
- i) Remember it may take 4 weeks before you feel any improvement.
- j) Permanent nerve damage due to a nerve block is very rare (1 in 5,000 to 1 in 10,000) Prolonged numbness (longer than 48 hours) occasionally occurs (less than 1 in 100) – the vast majority of patients (95 to 97%) recover full sensation within four to six weeks (99% will be better within a year)

Post Procedure Instructions

We hope your care today met with your expectations. These are some instructions to help your recovery:

1. You should go home with a responsible person who is able to escort and care for you at home.
2. In general you are advised not to drink alcohol, operate machinery or drive for 24 h after your procedure. You should not drive until the pain or immobility from your procedure allows you to control your car safely and perform an emergency stop.
3. The procedure you had today may result in you being more painful for the next 48 hours. You are encouraged to use the painkillers (analgesic tablets) as suggested so that you are as comfortable as possible during this time period. If the pain is not responding to the medication please contact your G.P.
4. A discharge summary will be sent to your doctor(s) informing them of your care and treatment.
5. A clinic appointment will be arranged in the next 8-10 weeks to monitor your progress.

Contact details

- ✓ If you require advice please do not hesitate to contact Dr. Hegarty at Pain Relief Ireland (Office: 021 235 5500) between 9am-5pm, (Monday to Friday). www.painreliefireland.ie
- ✓ If you have concerns regarding your medical management please contact you G.P. initially or the Mater Private Hospital Cork (021-6013200)
- ✓ In the case of an emergency please contact your nearest emergency department (A&E).

Yours sincerely,

D. Hegarty

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