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## **Phlebotomy and PRP Development Guidelines**

**Congratulations! You have taken the first step in choosing the latest method to alleviate heel pain! Research has shown that platelet-rich plasma has emerged as a leading technique which appears to help regenerate ligament and tendon fibers, which could shorten rehabilitation time and possibly obviate surgery.**

Dr. Thomas F. Vail has recommended the use of Platelet Rich Plasma (PRP) to help your healing. Platelet Rich Plasma is a component of your own blood, which contains growth factors, which are known to stimulate bone and soft tissue healing. It is processed from your blood by a sterile method, and is therefore safe from transmission of diseases from others.

To process PRP, about 20 ml to 55 ml of blood (approximately .5 to 1.5 ounces) will be drawn from a vein using an aseptic technique. Your blood will be processed in an FDA approved device in fifteen minutes. It will be activated and added to your surgical site to assist healing. To activate PRP two drops of calcium chloride mixed with a clotting agent called thrombin is used. The thrombin is derived from a commercial company. The use of this Bovine (cow derived) thrombin has been perfectly safe when used to activate PRP. However, as an alternative, your doctor can activate your PRP by alternative means if you request.

- **PRP Injection is not covered by Insurance and therefore we require payment in full prior to the procedure in the amount of \$500.00\*.**

***\*This amount does not include follow-up visits, medication, or DME products (Walking Boots) which are an important part of the healing process and success of the procedure. These will be billed to your insurance and any deductible not met or co-insurance will be your responsibility.***

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