

**Thomas F. Vail, D.P.M., F.A.C.F.S.**

Podiatrist –Foot Surgeon  
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*Board Certified – American Board of Podiatric Surgery*

## **Phlebotomy and PRP Development FAQ's & Instructions**

**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 sterilely processed from your blood 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.

### **Frequently Asked Questions:**

#### **1. Can I wear my regular shoes after the injection?**

You will not be able to wear your regular shoes after the injection. A soft cast will be put on the foot and you will be in an MC Walker boot for 2 weeks. The MC Walker boot can be removed nightly while you sleep and if you are wearing it on the right foot can be removed for driving, but you will need a wide enough shoe to accommodate the soft cast. If you are getting the right foot treated you will need to have someone drive you to the appointment and take you home. If you are not able to work with an open toe shoe there is a Darco boot toe guard that can be purchased from our website product store to cover your open toes while in the boot-[www.vailfoot.com](http://www.vailfoot.com); **exact url: [http://www.ourdoctorstore.com/vail/store/item.asp?ITEM\\_ID=750](http://www.ourdoctorstore.com/vail/store/item.asp?ITEM_ID=750)**. It does not meet industrial standards though.

#### **2. Will I need to take off work after the procedure?**

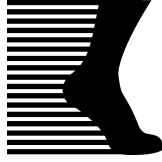
You may take 2 weeks off from work while you are in the walking boot. If you need Family Medical Leave Act (FMLA) paperwork completed by our office we are happy to do this, but there is a fee of \$35.00. We complete paperwork on Thursdays so please keep this in mind with any deadlines needed for your place of employment.

#### **3. Can I take anti-inflammatories or pain medicine before the injection?**

You will need to stop taking any NSAIDS for one week prior to the injection. Dr. Vail will let you know which medications to stop, but please make us aware of all of your prescriptions. You may, however, take Tylenol or topical pain patches the week before the procedure.

#### **4. Is this procedure billable to insurance?**

APC injection therapy is not a billable treatment to your insurance at the present time. The cost of the treatment is \$500.00 per injection site or foot and is due before the procedure is done. We



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take credit card payments of Mastercard, Visa, or Discover. Your insurance company will be billed for the MC Walker boot, soft cast application, and any subsequent visits for follow-up. Any co-pays, co-insurance, or deductibles not met will become your responsibility.

**Day of Injection: Expectations and Instructions**

- **Please wear loose fitting pants to accommodate the soft case and walking boot you will need.**
- A technician from Findlay Laboratory will draw 200cc of blood at our office. You will not need to go to Findlay Laboratories to do this. Please Note: This will be billed by Findlay Laboratories to your insurance and is a separate charge from the \$500.00 charge from our office.
- You will have 2 injections into the heel to numb the area **before** the blood platelet is injected.
- After the blood platelet is injected you will be put in a soft cast and given an MC Walker boot. We highly recommend you purchase our **DryCast cover** to protect the soft-cast from getting wet in the shower and compromising the material or worse getting an infection or fungus in the foot due to it getting wet. This can be purchased at our office for \$28.00. We also recommend the use of an **Even-up shoe attachment** for your other shoe to compensate for leg length changes while wearing the walking boot. This will prevent back, hip or knee pain. This also can be purchased at our office for \$35.00.
- You will receive a prescription for pain, if needed-usually Percocet, and a follow-up appointment in 2 weeks to remove the soft cast. Please make us aware of any allergies you may have to pain medication.

We hope this answers all your questions. Feel free to call us with any further concerns or clarification.

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