Auckland Regenerative Clinic
Dr. Hassan Mubark- Rheumatologist FRACP

AUCKLAND REGENERATIVE CLINIC

PATIENT'S NAME: .....

Platelet-Rich Plasma (PRP) informed consent – an alternative treatment using your own blood, with or without hyaluronic acid gel.

Instructions:

Drink plenty of water before PRP treatment. Avoid anti-inflammatory medicines (such as Brufen, Celebrex or Voltaren) for 2 days before & 1 week after PRP. If you take blood thinners, might need to stop temporarily (discuss with us). After treatment, rest well and limit or avoid alcohol for a few days.

PRP is an alternative treatment commonly used in New Zealand. It uses your own blood. A centrifuge separates platelets, which contain natural growth factors. The platelets are injected into the affected joint, tendon, or other soft tissue to support healing and reduce inflammation. PRP may reduce symptoms, improve movement, and improve quality of life.

PRP is avoided during pregnancy or if you have active cancer because it contains many growth factors.

I understand that everyone responds differently to PRP. Improvement is expected but not guaranteed. Possible complications include temporary pain at the injection site due to an early inflammatory reaction, which may last for up to one week. infection, bleeding, and extremely rare injury to nerves or blood vessels.

After treatment, I am advised to rest, do stretching exercises and consider physiotherapy or supportive joint bandages to help stabilize the area and improve the chance of a good outcome.

I understand that no guarantee of improvement has been made. I also understand that no refund will be given if the treatment does not improve my condition, despite all reasonable efforts.

Practitioner's Confirmation of Discussion: I, Dr. Hassan Mubark, Rheumatologist FRACP, confirm that I explained the treatment, gave the patient a chance to ask questions, answered them in understandable language, and provided contact details for follow-up care.

Patient signature: _____ Date: _____

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