

Welcome to our office

We are grateful that you have chosen us as the health care provider for your feet.

Our staff is committed to providing the finest podiatric care in a warm and friendly environment in order to make you feel relaxed and comfortable.

Our practice is dedicated to providing quality foot and ankle care to patients of all ages.

We believe that prompt diagnosis, early intervention and prevention are essential for the care and treatment of your feet.

We provide a full range of podiatric medical care including both conservative and surgical therapies.

We take pride in providing you with a comfortable office experience. Our qualified staff is friendly and will ensure a pleasant visit. Our main office is conveniently located in El Paso, TX.

Dr. De La Rosa specializes in the medical and surgical treatment of foot and ankle conditions, such as:

- Heel pain
- Bunions and Hammertoes
- Sports related injuries
- Custom Orthotics
- Fracture Care
- Arthritis
- Pediatric Conditions
- Ingrowing Nails
- Flat Feet
- Skin Disorders
- Diabetic Foot Care
- Wound Care

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The Foot Institute

Efren Buff De La Rosa, DPM,

F.A.C.F.A.S.
PODIATRIC SURGEON



EMC  TE[®]

MAKING A DIFFERENCE

Platelet Rich Plasma (PRP) is made from a small sample of your own blood (approximately 1.5 oz.). The process concentrates the platelets found in the blood sample.

These concentrated platelets contain huge reservoirs of growth factors. Growth factors are natural components of your body. Clinical data has shown that growth factors may enhance and accelerate your body's normal healing process. Potential benefits of PRP include: reduced bleeding, diminished pain levels, reduced infection rates, enhanced wound closure, accelerated tissue regeneration, and reduction of overall healing times.

The use of PRP is a safe, clinically accepted procedure now readily accessible to all segments of the medical profession.

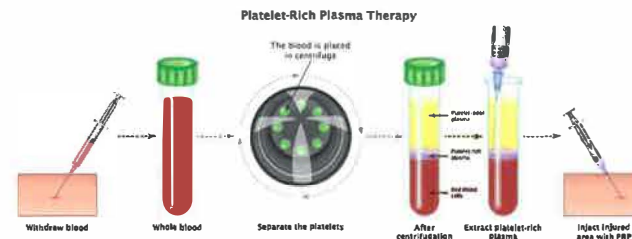


HOW COULD PRP BE USED FOR MY TREATMENT?

The use of PRP varies from procedure to procedure. PRP is generally applied topically to the repair site. It is often applied to bone and soft tissue repair sites to accelerate tissue regeneration. Clinical studies have shown that application of PRP can help reduce bleeding, minimize pain, reduce infection rates, and optimize overall healing.

IS PRP SAFE?

Yes. PRP has been used clinically for over a decade. Leading clinicians in specialties such as Dental, Orthopedics, and Reconstructive Surgery routinely use PRP to deliver a cocktail of natural, bioactive growth factors. PRP is derived from a small quantity of your own blood drawn at the time of treatment. Because PRP is made from your own blood, it is insulated against the risk of disease transmission and inflammatory immune responses. PRP is made point-of-care at the time of treatment and under physician's control.



HOW IS PRP MADE?

Preparation of PRP is a simple procedure that can be performed in an office or outpatient setting. The clinician draws a small volume of your blood at the time of treatment. The blood is placed in a specialized centrifuge that spins and automatically separates the red blood cells from the plasma. The plasma is then further centrifuged to concentrate the autologous platelets and hence your natural growth factors. The PRP is then available for your clinician to use as needed. The entire process takes less than 15 minutes and adds no extra time to the procedure.

THE TREATMENT A LIFE CHANGING APPLICATION

On the day of the procedure the patient is made comfortable while the treatment sample of PurePRP® SP is prepared by a qualified technician. The injection site is aseptically cleansed and then locally anesthetized. Using a small gauge needle, the physician will introduce the PurePRP® SP into the affected area using guided ultrasound or fluoroscopy. The injection procedure is usually completed in under 30 minutes. Afterwards the physician will provide careful instructions to follow during the outpatient recovery course. After application a set of bio-active processes take place leading to active tissue repair. This process goes on for weeks after just one application. Patients generally begin to see improvement in pain and mobility within weeks to months.

