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PRP for Knee Osteoarthritis:

Note: Post injection instructions on page 2.

What should I do before the injection?

- Avoid non-steroidal anti-inflammatory medication for 5 days before the injection. Examples below:
 - o Aleve, Motrin, Advil or similar
 - o Ibuprofen, Naprosyn, naproxen
- Studies looking at the results of PRP often exclude patients on anti-platelet or blood thinning medication
- Previous cortisone injection to the knee within 30 days or viscosupplement injection (hyaluronic acid, Synvisc, Monovisc, Orthovisc) within 6 month of a PRP injection may influence the results of the PRP injection. Studies often exclude patients who have had viscosupplement injections.

When can you expect to feel improvement?

- Usually by 2 – 3 weeks, but could be out to a month

How many injections are needed?

- Studies vary stating there is no difference between 1 or 2 or more injections
- Other studies state that there may be some benefit of 2 or more injections anywhere from 1 to 3 weeks apart.

How long do the injections last?

- Results can be highly variable
 - o Up to 6 months of pain improved pain relief and some studies suggest can be as long as 24 months compared to before the injection
 - o Some may notice a worsening of pain at 3 months but still improved from before the injection

What are the other options?

- Viscosupplementation (hyaluronic acid) is also a good option and insurance will often pay for the medication
 - o Some studies suggest it works as well as PRP to approximately 6 months
 - o Some studies do, however, suggest that PRP may be beneficial even out to a year or more.
 - o Average duration of benefit for PRP (depending on study) can be approximately 12 months vs viscosupplementation average of 9 months of benefit.

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Are there any side effects of the injection?

- Lightheaded
- Dizzy
- Headache
- Nausea
- High heart rate
- These are not significantly different than other type of injection treatments for knee osteoarthritis.

What may alter the affect of the injections?

- Patients with milder osteoarthritis may have better results
- Patients with higher BMI or who are obese may not have as good results

Post Injection Instructions:

- **Rest for approximately a day**
- **Pain control with Tylenol only (if no issues taking Tylenol)**
- **Ice and compression for soreness and pain**
- **Once pain and soreness from injection is gone, progress activities as tolerated starting with light activities like an exercise bike or aquatic therapy.**

References:

- 1) Jain et al American Journal of Sports Medicine 2013
- 2) Di Martino et al AJSM 2018
- 3) Lin et al Arthroscopy 2019
- 4) Cole et al American Journal of Sports Medicine 2016
- 5) Dai et al Arthroscopy 2017