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PRP (Platelet Rich Plasma) Injection

Dr. Pearle has recommended PRP injection to help with your knee arthritis. PRP has been found in studies to alleviate arthritis pain by reducing inflammation, stopping cartilage loss and potentially growing new cartilage in your knee. The average time to see improvement following the procedure varies. Most patients will start to see results within 2-4 weeks after the injection. Dr. Pearle may recommend a second injection of PRP in 1 month if you have not seen significant relief. (To read about a study done at HSS on PRP injections into the knee go to http://www.hss.edu/newsroom_prp-treatment-potential-for-knee-osteoarthritis.asp) For an abstract on an article comparing PRP and hyaluronic acid injections go to <http://www.ncbi.nlm.nih.gov/pubmed/26432430>

The procedure:

To create PRP therapy, we take a small amount of blood from your arm, place it in a centrifuge to separate the platelets from the other components of your blood. The concentrated platelet rich plasma (PRP) is then injected using ultrasound guidance into your knee joint.

Before the procedure:

You will need to stop anti-inflammatory medications such as Advil, Aleve, Arthrotec, Voltaren, Celebrex and Mobic 5 days prior to the procedure.

After the procedure:

We ask you not to work out or do strenuous activity for 48 hours after the procedure. You should ice your knee to help prevent or treat irritation from the injection. You may resume your anti-inflammatories 3 days after the PRP.