



Eytan Debbi, MD, PhD

Kyle Peterson, MS, PA-C

Hip & Knee Replacement · Hospital for Special Surgery

535 E 70th St, 9th Floor, New York, NY 10021

1133 Westchester Avenue, White Plains, NY 10065

TEL 212.606.1408 FAX 917.260.3808

hss.edu/debbi · edebbi.com

PATIENT GUIDE

Platelet-Rich Plasma (PRP) Injection

How to prepare for your knee or hip injection — and how to care for yourself afterward.

What is PRP?

PRP stands for **platelet-rich plasma**. We draw a small amount of your own blood, spin it to concentrate the platelets and natural growth factors, and inject that concentrate into your injured knee or hip using ultrasound guidance. The goal is to **ease pain and support your body's own healing**. The whole visit usually takes about 45–60 minutes.

Before Your Injection

Good preparation helps the PRP work its best. Start one week ahead.

- 1 week before:** Stop NSAIDs and anti-inflammatory medicines (see the medication list below). These can reduce PRP's effect.
- Keep taking** your prescription medicines (blood pressure, diabetes, etc.) as usual, unless we tell you otherwise.
- On blood thinners?** Tell us in advance (warfarin/Coumadin, Eliquis, Xarelto, Plavix). **Do not stop them on your own.**
- Hydrate well** the day before and the morning of your visit. Eat a normal meal — this makes the blood draw easier.
- Avoid alcohol** for 24 hours before your appointment.
- Wear loose clothing** that lets us reach your knee or hip easily. Bring shorts if you like.
- Plan your ride.** Most patients drive themselves, but arrange a driver if walking is difficult.

Medications — Stop & Avoid

Anti-inflammatory medicines blunt the healing response PRP relies on. Use the windows below.

Medication	What to do	When
NSAIDs ibuprofen (Advil, Motrin), naproxen (Aleve), meloxicam (Mobic), diclofenac (Voltaren), celecoxib (Celebrex), high-dose aspirin	Stop	7 days before & 4 weeks after
Steroids oral steroids (prednisone) and cortisone / corticosteroid injections	Avoid — ask us first	2–4 weeks before & after
Supplements that thin blood fish oil / omega-3, vitamin E, ginkgo, high-dose turmeric	Stop (reduces bruising)	7 days before
Acetaminophen (Tylenol)	OK for pain	before & after
Blood thinners warfarin, Eliquis, Xarelto, Plavix, daily cardiac aspirin	Do not stop — call us	—

When in doubt about any medicine or supplement, call our office before stopping or starting it.

The Day of Your Injection

- Eat a normal breakfast and drink water. You may take **Tylenol** for comfort — **no ibuprofen or Aleve**.
- We draw a small amount of blood and prepare your PRP (about 15–20 minutes).
- We clean the skin and inject the PRP, using ultrasound to guide the needle precisely.
- Expect a brief pinch and some pressure. Mild soreness afterward is normal and expected.
- Plan to **rest the joint for the remainder of the day**.

After Your Injection — Recovery Timeline

Some soreness and stiffness in the first days is normal — it's a sign the healing process has begun.

Days 0–3 · Rest & protect

Soreness and swelling are expected. Rest, elevate, and use ice **only briefly for comfort** (15–20 min). Use **Tylenol** for pain — **no NSAIDs**. Avoid strenuous activity, long walks, and prolonged standing.

Days 3–7 · Ease back in

Soreness settles. Resume light, everyday activity as tolerated. Keep the joint moving gently, but no high-impact exercise yet.

Weeks 1–2 · Gradual return

Return toward your normal routine. Begin or continue physical therapy if it has been prescribed for you.

Weeks 2–6 · Build activity

Progress to full activity and exercise as your comfort allows and as directed by our team.

For the first few days, also avoid:

NSAIDs for **4 weeks** · heat, sauna, and hot tubs for **72 hours** · soaking the area (baths, pools) for **48–72 hours**
· alcohol for **48 hours**.

When to Expect Results

- PRP works **gradually** — this is not an instant fix.
- Many patients notice some improvement around **3–4 weeks**.
- Improvement often continues over **6–12 weeks**, with peak benefit around **3 months**.
- Some patients benefit from a **series of injections**. We'll discuss what's right for you.

When to Call Us

Soreness for a few days is normal. Contact our office if you notice any of the following:

- × Fever above **101°F (38.3°C)** or chills.
- × Increasing **redness, warmth, swelling, or drainage/pus** at the injection site.
- × Severe or worsening pain **not relieved by Tylenol**.
- × New numbness, tingling, or inability to move the joint.

Call 911 for chest pain, shortness of breath, or calf pain and swelling.

Frequently Asked Questions

Does it hurt?

You'll feel a brief pinch and some pressure. Expect soreness for 2–3 days afterward.

Can I drive myself home?

Yes. These injections are done without sedation. Arrange a ride if walking is difficult.

When can I shower?

Keep the bandage dry for 24 hours, then you may shower. Avoid baths, pools, and hot tubs for 48–72 hours.

Why can't I take ibuprofen?

NSAIDs block the very inflammation PRP uses to start healing, which can reduce your results. Use Tylenol instead.

When can I return to work?

Desk work is usually fine the next day. For physically demanding jobs, allow 2–3 days.

How many injections will I need?

It varies — often 1 to 3, depending on how you respond. We'll guide you.

Questions? We're here to help.

Eytan Debbi, MD, PhD · Kyle Peterson, MS, PA-C
Hip & Knee Replacement, Hospital for Special Surgery

TEL 212.606.1408 **FAX** 917.260.3808

hss.edu/debbi · edebbi.com

This guide is general information for patients of our practice and does not replace your provider's specific instructions. If your instructions differ from this handout, follow what your care team has told you.