

Patient Information Leaflet: Ultrasound-Guided Platelet-Rich Plasma (PRP) Injections

What is it?

Platelet-Rich Plasma (PRP) injections are a treatment that uses a concentrated form of your own blood to promote healing. PRP is commonly used for **joint pain, tendon and muscle injuries, ligament strains** and **mild to moderate osteoarthritis**. The aim is to use the body's own repair system to help reduce pain, improve function and support tissue healing.



What is PRP?

PRP is created by taking a small sample of your blood and spinning it in a centrifuge to separate the plasma and platelets from the red and white blood cells. The **platelet-rich portion** is then injected into the area being treated.

Platelets are a natural source of **growth factors** which play a vital role in tissue repair and regeneration.

What conditions can PRP help with?

PRP is commonly used to manage:

- Tendinopathies (e.g. tennis elbow, patellar tendinopathy)
- Plantar fasciitis
- Mild to moderate osteoarthritis (e.g. knees, hips, shoulders)
- Muscle strains or partial ligament injuries

Dr Marwan will advise whether PRP is appropriate for your specific condition.

How is the procedure performed?

- A blood sample is taken (usually 10–20ml)
- The blood is processed to extract the PRP
- The area is cleaned and prepared

- PRP is injected directly into the affected tissue, using **ultrasound guidance** for accuracy
 - The entire process typically takes **30–45 minutes**
-

After the injection

- You may experience **discomfort or swelling** for a few days as part of the normal healing response
 - **Avoid anti-inflammatory medications (e.g. ibuprofen)** for 1–2 weeks unless advised otherwise, as they can interfere with the effect of PRP
 - You should **avoid strenuous exercise** for the first 5–7 days, then gradually return to activity
 - A tailored rehabilitation plan may be recommended
-

When will it start working?

- PRP does not provide immediate relief like steroid injections
 - Most patients begin to feel improvement **within 2–6 weeks**
 - The effects can continue to develop over **several months**
 - **Repeat injections** are sometimes needed depending on the condition
-

Risks and side effects

PRP is generally safe because it uses your own blood, but possible risks include:

- **Post-injection soreness or flare-up**
- **Infection** (rare)
- **No benefit** – not all patients respond to PRP
- **Temporary stiffness or bruising** at the injection site

Dr Marwan performs this procedure regularly and will discuss any specific risks with you.

Conclusion

PRP is a natural, minimally invasive treatment that supports tissue healing and pain relief by using the regenerative properties of your own blood. While not a guaranteed cure, it can be an effective option for many musculoskeletal conditions.

If you have questions or would like to know whether PRP is suitable for you, please speak with Dr Marwan.

This leaflet is intended for general informational purposes.

Please consult Dr Marwan for advice tailored to your individual circumstances.