
PRP and hyaluronic acid

Combined injections: a patient's guide



For osteoarthritis and joint injuries, combining platelet-rich plasma with hyaluronic acid brings together healing and lubrication in a single treatment.

Your blood is taken and prepared in clinic at Opus, in Marylebone, London, and both injections are given at the same visit or in sequence, often under ultrasound guidance. Some patients feel relief within a few weeks, with the full benefit at four to six weeks.

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This guide is general information. Your clinician will explain how it applies to you, and their advice always comes first.



01 ABOUT THE TREATMENT

What are these injections?

Platelet-rich plasma (PRP) and hyaluronic acid (HA) injections are two minimally invasive treatments used to relieve joint pain, promote healing and improve mobility. They are often used together for greater effect.

PRP

Made from your own blood, and contains growth factors that help tissues heal.

HYALURONIC ACID

A gel-like substance found naturally in your joints that cushions and lubricates them.

Combining both can improve outcomes in osteoarthritis, joint injuries and other musculoskeletal conditions.

CONDITIONS TREATED

- | | |
|--|--|
| <ul style="list-style-type: none">● Knee osteoarthritis | <ul style="list-style-type: none">● Shoulder pain |
| <ul style="list-style-type: none">● Hip joint discomfort | <ul style="list-style-type: none">● Cartilage degeneration |
| <ul style="list-style-type: none">● Sports injuries | |

02 YOUR PROCEDURE

How the treatment works

01

BEFORE YOUR VISIT

Avoid anti-inflammatory medication (ibuprofen, naproxen) for 5 to 7 days.

Let your doctor know about any blood-thinning medication or supplements.

Eat a light meal and drink plenty of water beforehand.

02

DURING THE PROCEDURE

Blood draw: a small amount of your blood is taken to prepare the PRP.

Centrifuge: the blood is spun to isolate the PRP.

Injections: using sterile technique, and possibly ultrasound guidance, PRP is injected into the affected joint or tissue. HA is also injected, either at the same time or in sequence.

03

AFTER THE INJECTION

Mild pain, swelling or stiffness may occur for 1 to 3 days.

Avoid heavy activity for 48 to 72 hours.

Do not take anti-inflammatory medication (NSAIDs) for 1 to 2 weeks. Paracetamol is generally fine.

If anything concerns you after your injection, see **When to call us** on page 5.



03 GOOD TO KNOW

Benefits and results

BENEFITS OF COMBINED THERAPY

- Better joint lubrication and shock absorption (from HA)
- Faster healing and tissue regeneration (from PRP)
- Potential delay or avoidance of surgery for arthritis
- Longer-term pain relief and improved mobility

WHEN TO EXPECT RESULTS

- Some patients feel relief within a few weeks.
- The maximum benefit may take 4 to 6 weeks.
- Your clinician may recommend a follow-up series of one to three injections.

WHEN TO CALL US

Please contact us if you experience:

Fever or chills

Redness, warmth or pus at the injection site

Severe or worsening pain

Difficulty moving the joint

+44 (0)208 609 7843

CONTACT US ONLINE →

NEXT STEPS

Where to go from here

AFTER YOUR APPOINTMENT

Your clinician will talk you through any follow-up and whether rehabilitation, such as physiotherapy, would help you get the most from your treatment.

QUESTIONS BEFORE OR AFTER

Many common questions are answered on our website. If yours is not, call the team on +44 (0)208 609 7843 or contact us online.

CHANGING YOUR APPOINTMENT

If you need to change or cancel, please give us at least 48 hours' notice.

[FREQUENTLY ASKED QUESTIONS](#) →

[CONTACT US](#) →

FURTHER READING ON OUR WEBSITE

Platelet-rich plasma at Opus

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Hyaluronic acid injections at Opus

→

PRP injections for arthritis

→

A new approach to managing osteoarthritis

→



GET IN TOUCH

If you have any questions before or after your injections, please speak to our team.

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From December 2026

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[MEET YOUR TEAM](#)

