



PRP injection

Platelet-rich plasma: a patient's guide



For tendon, ligament, muscle and joint problems, platelet-rich plasma uses a concentration of your own platelets to support the body’s natural repair.

A small sample of your blood is taken in clinic at Opus, in Marylebone, London, spun to separate the platelets, then injected into the affected area, often under ultrasound guidance. Because it comes from your own blood, the risk of reaction is very low.

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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 is PRP therapy?

Platelet-rich plasma (PRP) therapy uses a concentration of your own platelets to accelerate healing in tendons, ligaments, muscles and joints. It is prepared from your blood and injected into the affected area to support tissue repair.

PRP IS COMMONLY USED FOR

- Osteoarthritis, for example of the knee or hip
- Ligament sprains
- Tendon injuries, for example tennis elbow
- Muscle injuries

OUR SERVICES →

02 YOUR PROCEDURE

What to expect, step by step

01

BEFORE YOUR APPOINTMENT

Avoid anti-inflammatory medication, such as ibuprofen, for 5 to 7 days beforehand.

Stay well hydrated and eat a light meal.

Discuss any medication or medical conditions with your consultant.

02

THE PROCEDURE

Blood draw: a small amount of your blood is taken (15 to 60 ml).

Centrifuge: your blood is spun to isolate the platelet-rich plasma.

Injection: the PRP is injected directly into the affected area, often using ultrasound guidance.

03

AFTER THE INJECTION

You may have mild pain, swelling or stiffness at the site for 1 to 3 days.

Avoid strenuous activity or heavy lifting for 2 to 3 days.

Apply ice if needed, and follow any specific instructions from your consultant.

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



03 QUESTIONS

Frequently asked questions

Is PRP safe?

Yes. Because it uses your own blood, the risk of an allergic reaction or infection is very low.

How long until I see results?

Some patients notice improvement within a few weeks; others may take several months. Outcomes vary with the condition treated.

How many treatments are needed?

Often one to three injections, spaced weeks apart. Your doctor will recommend a plan based on your condition.

WHEN TO CALL US

Please contact us if you notice:

Signs of infection: fever, redness or severe swelling

Severe or worsening pain

Any new or concerning symptoms

+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 →

PRP: the scientific evidence →

PRP injections for arthritis →

PRP injections for tendonitis →



GET IN TOUCH

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

+44 (0)208 609 7843

opusbiological.com

Emmanuel Kaye House
37 Devonshire Street
London W1G 6QA

54 Wimpole Street
London W1G
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