

# Platelet-rich plasma injections for knee osteoarthritis

Information for the public

Published: 23 January 2019

[www.nice.org.uk](http://www.nice.org.uk)

This procedure can be used for knee osteoarthritis, but only when patients are having regular checks to see how well it is working or if it has caused problems. This is because there is not enough evidence to be sure how well it works.

Osteoarthritis can develop in the knee when cartilage covering the ends of the bones becomes worn. This can cause pain, stiffness, swelling and difficulty walking. In this procedure, red blood cells are removed from a small amount of the person's own blood, leaving a liquid called plasma. This contains tiny cells called platelets, which can stimulate the natural healing process. The plasma is injected into the knee. The aim is to relieve symptoms.

The [NHS website](#) may be a good place to find out more. NICE's information on [interventional procedures guidance](#) has more about what a procedure is and how we assess them.

## Is this procedure right for me?

If you've been offered this procedure, your healthcare professionals should discuss with you what is involved, and tell you about the risks and benefits. They should talk with you about your options, and listen carefully to your views and concerns. Your family can be involved too, if you wish. All of this should happen before you agree (consent) to have the procedure. You should also be told how to find more information about the procedure.

Read more about [making decisions about your care](#).

## Some questions to think about

- What does the procedure involve?
- What are the possible benefits? How likely am I to get them?
- What are the risks or side effects? How likely are they?
- What happens if the procedure doesn't work or something goes wrong?
- What happens if I don't want the procedure? Are there other treatments available?

ISBN: 978-1-4731-8843-3