



SCAN TO READ MORE

Knee Injections — PRP, Gel and Cortisone

PRP, hyaluronic acid gel injections and cortisone can ease the symptoms of knee arthritis for months at a time, but current evidence does not support meaningful cartilage regeneration or long-term disease modification. Timing these injections carefully is also important if knee replacement is being considered, as intra-articular injections within 3–6 months of surgery appear to increase the risk of postoperative infection.

THE TECHNIQUE

01 Background

Knee osteoarthritis involves cartilage wear and bone changes causing pain and stiffness.

02 Gel Injections (HA)

Hyaluronic acid provides temporary lubrication; modest benefit, not recommended routinely by major guidelines.

03 PRP

Platelet-rich plasma may extend symptom relief to 6–12 months but does not regenerate cartilage.

04 Infection Risk

Injections within 3–6 months before knee replacement can double the risk of postoperative infection.

AT A GLANCE

Cortisone Duration
1–3 Months

PRP Duration
Up to 12 Months

Cartilage Regrowth
Not Established

Safe Pre-Op Window
6+ Months Prior

**“These injections can buy time and reduce pain,
but they do not repair worn cartilage.”**

— Dr Chien-Wen Liew

FREQUENTLY ASKED QUESTIONS

Q. Do PRP or gel injections regrow cartilage?

No. Current human evidence does not show consistent, durable cartilage regeneration from PRP, hyaluronic acid, or cortisone. They can reduce symptoms for months, but do not repair the underlying structural wear.

Q. Can I have a knee injection before my knee replacement?

This requires careful timing. Injections within 3 months of surgery have been shown to significantly raise infection risk. Many surgeons extend that window to 6 months or more. Discuss this with Dr Liew early so timing can be managed safely.

Q. When should I consider knee replacement?

When daily pain limits walking, work, sleep, or quality of life despite a genuine trial of non-surgical treatments — including exercise, weight management, and pain relief — surgery becomes a reasonable option to discuss.

ABOUT THE SURGEON

Dr Chien-Wen Liew exclusively performs total hip replacements via the direct anterior approach and total knee replacements via kinematic alignment only. He utilises patient-specific technology for both procedures, and practices from Orthopaedics 360 — within the Eastwood Private Hospital Precinct.

Dr Chien-Wen Liew

Hip and Knee Replacement Surgeon

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