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Patient Instructions Following Viscosupplement Injections

You have just successfully received a hyaluronic acid (Euflexxa) injection. Lidocaine was used to anesthetize area prior to injection. Please watch for any redness or swelling in the area of the injection. If you experience this please call us immediately.

Hyaluronic acid is indicated for patients in need of temporary replacement and supplement for synovial fluid in the joints. It is beneficial for patients in all stages of joint pathology and most effective in patients who are actively and regularly using the affected joint. It is intended for intra-articular use by a physician to treat pain associated with osteoarthritis of the knee, hip, ankle, and shoulder. This treatment is used in patients who have failed to respond adequately to conservative non-pharmacologic therapy and simple analgesics, e.g., acetaminophen.

Hyaluronic acid achieves its therapeutic effect through viscosupplementation, a process whereby the physiological and rheological states of the arthritic joint tissues are restored. Viscosupplementation with hyaluronic acid is a treatment to decrease pain and discomfort, allowing more extensive movement of the joint. It is biologically similar to hyaluronan. Hyaluronic acid is a component of synovial fluid which is responsible for its viscoelasticity. Hyalans are degraded in the body by the same pathway as hyaluronic acid, and breakdown products are non-toxic.

We sometimes will add another medication into the knee at the same time. Please refer to the rest of the patient instructions for specifically which medications were given today.

The injection you had is generally very safe procedure. As a precaution however we ask that you adhere to the following post injection instructions.

Instructions:

1. You may resume all of your usual medications as previously prescribed.
2. Do not go into a bath, hot tub, or swimming pool for 48 hours. **You may shower.**
3. You may remove the Band-Aid from the injection site a few hours after your procedure.
4. You may experience temporary soreness at the injection site. This is not unusual and is best treated with ice, Tylenol, and anti-inflammatory medications.



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5. Schedule a follow up appointment with your physician, or the referring physician as directed.
6. Delayed adverse reactions to the procedure or one of the medications are uncommon. Call and speak with your doctor's medical assistant immediately if you experience increasing pain, weakness, fever, chills, or redness at the injection site.
7. If you have any questions, do not hesitate to call us at (469) 430-9380 and we will call you back as soon as we can.

For the next 48 hours after your injection:

You should be able to resume your normal day-to-day activities but should avoid activities that put excessive strain on your knee such as jogging, lifting, prolonged standing, or any other prolonged weight bearing activities. You should also avoid strenuous activities such as high-impact sports like tennis, soccer, or golf. If swelling does occur make sure to ice the joint for 10 minutes off and on.

What to expect months after an injection:

- Everyone responds differently, but in a medical study, many patients experienced pain relief starting one month after their injection
- Hyaluronic acid can provide up to six months of knee pain relief
- Hyaluronic acid can be repeated safely. When your osteoarthritis knee pain returns, talk to your doctor to see if hyaluronic acid is the right choice for you.



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