

Hyaluronic Acid Injections (knee)

Osteoarthritis of the knee is one of the most common reasons for people to visit the orthopedic surgeon. Osteoarthritis is characterized by a loss of articular cartilage (the cartilage that covers the bone) which has a limited ability to heal itself. There are also changes in the quality and concentration of hyaluronic acid in the knee fluid which is thought to lead to increased pain and decreased protection of the joint. Various forms of non-surgical treatment are currently available for knee arthritis such as physical therapy, anti-inflammatory drugs, cortisone injections, weight reduction, and **hyaluronic acid injections**.

Multiple research studies have proven hyaluronic acid therapy to be effective in controlling knee pain for up to 1 year. These injections can be performed every 6 months if necessary.

Adverse reactions

Most trials show adverse reaction rates to be very low (0-3%) and may include:

- Mild pain at the injection site
- Bruising/bleeding (*notify our staff if you are taking coumadin, warfarin, or Plavix*)
- Formation of excessive knee fluid with associated pain
- Knee pain/injury
- Allergic reaction (*notify our staff if you are allergic to feathers, eggs, latex or poultry*)
- Infection

Procedure

Typically, three (3) hyaluronic acid injections are given in 5-14 day intervals. If there is an excessive amount of fluid in the knee at the time of injection it will be removed to ensure the effectiveness of these products. Occasionally pain relief is immediate after administration of an injection but can take up to 4-8 weeks to become effective. Generally, strenuous activity should be avoided for 2 days following injections.

Please wear loose fitting clothing or shorts to your office appointment to aid in exposure of your knee for the injections. We have shorts and gowns available if necessary.

The purpose of this *injection clinic* is to provide patients with hyaluronic acid injections in a timely fashion. Other symptoms/problems will need to be addressed by your physician during a separate visit. In most instances you will spend less than 30 minutes in the office to receive your injection.

Post injection care

You should avoid strenuous activities for 48 hours after an injection. These include sporting activities, jogging, and heavy lifting. Ice should be applied for the first few days as directed by your Physician or Physician Assistant. In most instances you may continue working during this treatment.

When to Call

Call our office (814-942-1166) if you develop severe swelling, pain, rash or fever. A mild amount of injection site pain/swelling is quite normal after receiving an injection.

Our office staff answers telephone calls from 9:00 a.m. to 4:30 p.m. Monday - Friday. After regular office hours and on weekends, our practice has a physician on call at all times who can be reached through our answering service (814-317-1179).

If you are unable to keep your appointment please call to cancel at least 24 hours prior to your scheduled time so that we can use that time slot for someone else.

Repeat treatment

In most instances these products may be given at 6 month intervals if they are found to be effective (insurance coverage varies).

There may be a higher rate of swelling/pain associated with repeat treatments of these products. Please contact your referring physician to see if repeat treatments are appropriate for you.

More information is available from your Blair Orthopedic Associates & Sports Medicine Physician or Physician Assistant.

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