



Arthrosamid Injection



Arthrosamid is an innovative, non-biodegradable injectable implant for the treatment of knee osteoarthritis. The injectate, based on hydrogel technology, works to become an integrated part of the soft synovial tissue in the joint capsule, reducing inflammation, pain and providing sustained relief - all with one injection!

We are an innovative clinic who has been working in partnership with Arthrosamid since 2022, delivering this ground-breaking treatment to many patients, enhancing their recovery and helping improve their overall quality of life.

*Getting you back **to your best***

INDICATIONS

What is Arthrosamid?

Arthrosamid, unlike other viscosupplement injections for the knee, is a non-biodegradable hydrogel, meaning it is able to lubricate the joint for longer - giving longer pain relief! The injectate integrates into the synovium - the lining of the joint capsule - creating a cushion-like effect. It has also been shown to significantly reduce inflammation in the synovium and the joint, which in turn reduces pain, swelling and stiffness.

What conditions do Arthrosamid injections help with?

Arthrosamid is approved for the treatment of knee osteoarthritis. Osteoarthritis is a natural consequence of aging, however, some people have degenerative changes that cause the joint to become swollen, inflamed and painful. This is often in combination with joint stiffness and pain doing normal activities like walking and climbing up and down the stairs.

the permanent nature of the scaffold implant. You will be prescribed antibiotics by the doctor prior to the appointment and you are required to take them 4 hours before your Arthrosamid injection. This ensures there is a high concentration of antibiotics in the tissues at the time of injection to help protect you from any potential risk of infection.

Prior to your procedure, eat and drink as normal and take any regular medication as usual (unless advised otherwise by the doctor). Please come to your appointment wearing loose, comfortable clothing.

What to expect during the procedure

The doctor will explain everything to you before your procedure and ask you to sign a consent form to confirm that you are happy to proceed.

The injections are performed using our high-tech fluoroscopic

x-ray or Ultrasound for guidance and precision, by using this image guidance for accuracy and safety, the doctor can be confident the injectate is being delivered to the desired location.

Local anaesthetic is used on the injection site to make the procedure as comfortable as possible for you

before the injection of Arthrosamid is administered with the help of our high-tech fluoroscope or ultrasound scanner to ensure the Arthrosamid is perfectly placed into your joint.

Patients are often surprised at how quick and comfortable the process is.

AFTER CARE ADVICE

Wound care: You will likely have a small plaster on the injection site. You can shower as normal the morning after your procedure, but please avoid soaking in baths or hot tubs for at least 48 hours.

Rest: It is recommended that you avoid strenuous activity during the first 2-3 days after the injection. Then slowly start to increase your activity, our Doctors and Therapists will give you a personalised rehabilitation plan specific to your case.

Pain relief: During the first week following the injection, you may experience some mild swelling around the knee and/or injection site. If you do feel any discomfort, taking simple pain relief such as paracetamol will help. You can also apply ice to the area (10 minutes, 1x per hour) but remember to protect your skin from direct contact with the ice.

Can I drive after the injection?

We often say that if you can drive here you can drive home, (unless you are having a nerve block procedure). However if you feel more comfortable bringing someone

to drive you home then we will welcome them into the clinic and even offer them a cup of tea!

Follow up: It is strongly advised to book in to see your physiotherapist or osteopath at the Back and Body Clinic within 7-10 days of your injection so they can monitor your progress and continue your personalised rehab programme to get you back to your best!

The injection has not worked, what should I do? Please rest assured that our team will support you. There are often many more treatment options to be explored. Get in touch with our team and we can discuss the next steps.

What are the implications on having an Arthrosamid® implant on future medical procedures?

If you require a surgical or dental procedure in the future we advise you to inform any health care professionals of your Arthrosamid® permanent implant and they should discuss the possible need for prophylactic antibiotic therapy with you.

THE PROCEDURE

Before the procedure

At your initial consultation, the doctor will take time to understand your symptoms and undertake a thorough assessment to ensure the injection is right for you. It is important to let the doctor know of any known allergies, such as plasters. It is recommended you do not receive an Arthrosamid injection if you are under 18, pregnant or breastfeeding, have had a knee arthroscopy within the past 6 months or suffer from any autoimmune disorders or poorly controlled diabetes. Please also let the doctor know if you have any medical conditions or if you take any regular medications including blood thinning medications.

This is also a great opportunity to ask the doctor any questions you may have about the procedure.

Arthrosamid® is administered with oral prophylactic antibiotics due to

EXPECTATIONS

How long will it take to work?

Research has shown that patients reported a significant reduction in their symptoms by 12 weeks after the injection. It takes around 12 weeks for the physiological changes in the synovium to happen for the full effects of Arthrosamid to take place. However, many of our patients have reported that they experienced relief sooner after their injection (around 4 weeks).

How long will the effects last for?

The hydrogel making up the injection will not degrade and therefore will provide long-lasting relief. In clinical trials, after receiving an Arthrosamid injection the reduction in pain a patient experienced was maintained at a 3 year follow up period. To encourage the longevity of these positive effects, we recommend a follow up with one of our amazing therapists to support your recovery with a personalised rehab plan.

The treatment could be repeated if required and advised by your doctor. It is not recommended to repeat the treatment within 6 months.

COMPLICATIONS

In clinical trials with Arthrosamid, there were no serious side effects related to the hydrogel. While it is a very safe procedure and every precaution is taken to minimise risk, some complications may still occur in a very small number of cases.

Very rarely you may get an infection from the injection. Please watch out for any redness, swelling, a fever or a severe increase in pain. This is very uncommon and the risk is around 1:20,000.

There is 1:7,000 risk of bleeding, bruising, localised infection or an allergic reaction such as a rash, shortness of breath and dizziness.

If you are worried about any of the above, please discuss this with your doctor.

If you have any concerns regarding your procedure during clinic opening hours please contact us directly on **01604 439066**.

If you are concerned out of clinic hours, then please contact **111** or go straight to the closest A&E department.

“I have seen the benefit of the injection within the last few days and it is great to be able to walk pain free again. I was treated very well by everyone I came into contact with.” **Andrew**



BackandBodyClinic.co.uk/injections

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