



Hyaluronic Acid Injection

Hyaluronic Acid (HA) is a fantastic treatment for Osteoarthritic Joints, reducing pain and improving mobility.

We have injected HA into the joints of thousands of patients with Osteoarthritis and seen truly remarkable results!

“I am blown away with the improvement in my Knee since having the HA injections. It has given me my mobility back and now I can cycle for hours without any repercussions. The care I received at the Back and Body Clinic was second to none.” **Chris**

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

What is Hyaluronic Acid?

Hyaluronic Acid (HA), is a synthetic version of a naturally occurring joint lubricant. As well as aiding shock absorbency, injecting HA helps to enhance the health of joints by improving the lubrication of the joint surfaces - we like to think of it like WD-40 for your joints! It is also often delivered in combination with a steroid to provide a larger anti inflammatory effect and pain relief. This will help those who are experiencing pain but do not yet want to undergo joint replacement surgery.

What conditions do HA injections help with?

HA is very powerful at treating joints with Osteoarthritic changes that

are causing pain and inflammation. 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.

It can be injected into any joint from large joints such as the hip and the knee to the fingers and toes!

Types of HA injections

There are many different brands of HA. At the clinic we use Ostenil, Ostenil Plus, Synvics and Durolane.

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 point to make the procedure

as comfortable as possible for you, some patients experience feelings of pressure as the fluid is injected however most patients are often surprised at how quick and comfortable the process is.

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 and to inform us if you are pregnant. Please also let the doctor know if you have any medical conditions and 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.

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: Studies have shown this period of rest may improve the effect of the injection. It is advised to follow moderate rest of the area for 2 days and then to avoid strenuous activity, such as heavy lifting for up to 2 weeks.

Pain relief: Occasionally, patients notice a flare-up in their joint pain within the first 24 hours of the injection. 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.

EXPECTATIONS

How long will it take to work?

Many of our patients have experienced relief within as little as 48 hours, however, it takes the HA around 2 weeks to start working physiologically, so do not worry if you do not feel any benefit immediately after your injection.

How long will the effects last for?

A lot of our patients find the effects of the injection tend to last for at least 3 months, often much longer when combined with a personalised rehab plan, which can be provided by one of our experienced therapists here at the Back and Body Clinic.



COMPLICATIONS

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.

Other possible side effects are facial flushing, temporary changes to a women's menstrual cycle and changes in mood. It is also common to see a rise in blood sugar levels for a few days after the injection if you have diabetes.

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

CONTACT

Should 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.



BackandBodyClinic.co.uk/injections

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