

## Patient Information

### HYALURONIC ACID

Hyaluronic acid injections can be used to reduce the pain of osteoarthritic joints. Improvements typically last 6-12 months. Hyaluronic acid injections are very safe however it is important patients read and understand the following information.

#### What is Hyaluronic Acid and how is it used?

- Hyaluronic acid is a naturally occurring substance already present in the body.
- Hyaluronic acid used for injections is man-made through a bacterial fermentation.
- Hyaluronic acid is recommended as a sustainable method to relieve symptoms of osteoarthritis – most commonly the knee and hip joints. However Hyaluronic acid can be used for any osteoarthritic joint.
- Many brands of Hyaluronic acid exist. The products used by CurePhysio follow a one injection protocol thus preventing the need for multiple injections.

#### What happens when I have a Hyaluronic Acid injection?

- The practitioner performing the injection will fully explain the procedure prior to performing the injection.
- The hyaluronic acid will need to be injected into the painful joint.
- All injections will use ultrasound guidance to minimise pain and maximise accuracy.

#### What happens after the injection?

- It typically will take 1-2 weeks for the benefits of the Hyaluronic acid injection to be realised.
- It is advisable to avoid strenuous activity on the injected joint for 2-3 days after injection – this is due to the potential for post-injection discomfort.
- The injected joint may become temporarily painful for 1-2 day after the injection – this is not uncommon but will settle with rest and over the counter pain killers as required.

#### Can I have another injection?

- If your symptoms respond well to the Hyaluronic acid injection then a repeat injection can be organised.
- Typically patients will repeat injections at 6-12 month intervals depending on the level of osteoarthritis within the joint.
- There is no long-term negative effects of Hyaluronic acid injections.

#### Potential Risks/Side effects:

- The vast majority of patients will have no side effects.
- A small proportion of people will have a temporary increase in joint pain for 1-2 days after injection – this can be managed with rest and over the counter pain killers.
- It is extremely rare but as with any procedure in which the skin is broken there is a very small chance of infection. This risk will be minimised through a strict sterile technique.
- Your therapist is trained to take every appropriate step to avoid traumatising any soft tissue structures, nerves or vessels during the injection. However there is always a very small risk inadvertent injury could occur.

#### COMPANY INFO:

Co reg no: 11947266

Registered address:  
William Burford House  
Lansdown Place Lane  
Cheltenham  
GL50 2LB

#### CONTACT:

07740 956112

INFO@CUREPHYSIO.CO.UK

WWW.CUREPHYSIO.CO.UK

## Patient Information

### HYALURONIC ACID

#### Will the injection hurt?

- Using ultrasound guidance minimises discomfort considerably.
- The vast majority of people feedback that the injection was not as bad as anticipated. The injection is similar in feeling to a typical vaccination procedure.

#### Do I need to stop taking other medications if I have a Hyaluronic Acid injection?

- No. There are no recorded drug interactions for Hyaluronic acid, this means you can continue all your normal medications without interruption.
- ***If you take an anti-coagulant then you must ensure you tell your therapist as there is the potential for increased bleeding. If this is the case it may be suggested a blood test is performed prior to the injection.***

#### Can I have an injection if I am pregnant or breast feeding?

- Unfortunately we are unable to offer Hyaluronic acid injections to patients who are pregnant or breast feeding.

**If you have any further questions please ask your therapist at the time of appointment or through the below contact details.**

#### COMPANY INFO:

Co reg no: 11947266

Registered address:  
William Burford House  
Lansdown Place Lane  
Cheltenham  
GL50 2LB

#### CONTACT:

07740 956112

INFO@CUREPHYSIO.CO.UK  
WWW.CUREPHYSIO.CO.UK