

Hyaluronic Acid Injections

Hyaluronic acid injection is used to treat knee pain caused by osteoarthritis (OA) in patients who have already been treated with pain relievers (e.g., acetaminophen) and other treatments that did not work well.

Hyaluronic acid is similar to a substance that occurs naturally in the joints. It works by acting like a lubricant and shock absorber in the joints and helps the joints to work properly. Sometimes hyaluronic acid is combined with corticosteroids for an anti-inflammatory relief.

Before the Appointment:

- A light meal and plenty of water about 1-2 hours before the procedure is recommended. Water improves hydration and lessens the discomfort of the injections and food reduces the likelihood of dizziness or fainting.

During the Appointment:

- Your doctor might ask you to change into a gown. You will then be positioned so that your doctor can easily insert the needle into the affected area.
- Your doctor will clean the area around the injection site. He/She might also apply an anesthetic to numb the area where the needle will be inserted.
- In some cases, your doctor will be using ultrasound to watch the needle's progress inside of your body – to insure it is placed in the correct spot.
- In some cases, the doctor will remove (aspirate) the excess fluids before injecting the hyaluronic acid.
- Usually the aspiration and the injection are done using only one needle injected into the joint, however some doctors prefer to use two separate syringes.
- You will likely feel some sort of pressure when the needle is inserted. Please inform your doctor if you feel a lot of discomfort.
- The medication is then released into the injection site.

After the Appointment:

- Avoid excessive weight-bearing on the affected joint for 48 hours post-injection.
- You may notice a small local reaction such as pain, swelling or warmth on the injection site immediately after the shot. These symptoms generally do not last long; applying an ice pack can help ease them.