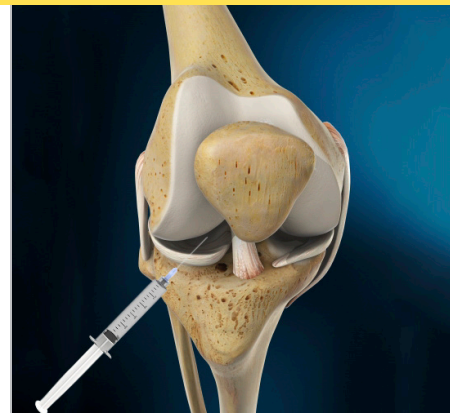


# Knee Viscosupplementation Injection



Viscosupplementation is the injection of hyaluronic acid, which is a significant component of synovial fluid. The quality of synovial fluid as well as the concentration of hyaluronic acid is compromised due to osteoarthritis. It is possible that a viscosupplementation injection will remain effective longer than a traditional corticosteroid injection, especially if performed in the earlier stages of osteoarthritis.

## Duration

Less than 30 minutes

## How is it performed?

Prior to the injection, the injection site will be cleansed and numbed with a local anesthetic. To ensure proper needle placement, the physician will utilize ultrasound guidance when inserting the needle. Once in the proper location, the physician will inject a small amount of hyaluronic acid.

## What are some of the risks and side effects?

This procedure is a relatively safe, non-surgical treatment, with minimal risks of complications. Some of the most common or possible side effects are:

- Allergic reaction – swelling, warmth, rash. Call physician immediately if this occurs.
- Weakness
- Increased pain

## What to expect after the procedure

Following the injection, you should consider a rehabilitation program of gentle knee exercises to work on range of motion.

Ice is typically more helpful than heat during the first two to three days after the injection.

## Conditions treated

You might benefit from a knee viscosupplementation injection if you suffer from:

- Osteoarthritis of the knee
- Degenerative joint disease of the knee

## To schedule a procedure

Please contact the nurse navigators to schedule any procedure.

- for McCullough-Hyde Ross Medical Center, call 513 246 7182\*
- for Good Samaritan Hospital and Bethesda Surgery Center, call 513 246 7958\*

\*Please note these numbers are for scheduling only

## To ask other questions

Please call 513 246 7000. Select Option 3 three times.