

# VISCOSUPPLEMENTATION (HYALURONIC ACID)

## ABOUT VISCOSUPPLEMENTATION (HYALURONIC ACID)

- Viscosupplementation (Durolane, Monovisc, Synvisc, Orthovisc) are lubricant injections that are similar to our natural joint fluid. In arthritic joints the amount and quality of naturally occurring hyaluronic acid is lower. Hyaluronic acid can be injected into joints and/or soft tissues to provide pain relief and improve mobility
- Knees, Hips, Ankles and Shoulders are the most commonly injected joints, however hyaluronic acid can be injected into smaller joints as well
- Cingal is a combination product containing both Corticosteroid and Hyaluronic Acid
- SportVis is a viscosupplementation product used specifically for soft tissues

## EXPECTED BENEFITS

- Hyaluronic Acid can be very effective to reduce joint and soft tissue pain by reducing friction and improving mobility. Our experience shows improvement in 70-80% of patients.
- Maximal improvement is observed in mild to moderate osteoarthritis, however some patients with severe osteoarthritis can benefit and research shows that knee replacement surgery can be delayed for up to 7 years with regular hyaluronic acid joint injections
- Benefits from Hyaluronic Acid may take 4-6 weeks to take full effect but may be noted sooner
- Length of benefit varies, but pain relief may last about 6-12 months on average
- Hyaluronic Acid is more expensive than cortisone, however it does not thin articular cartilage of joints and/or weaken soft tissues, therefore it can be repeated as needed without any risk for tissue degeneration

## POTENTIAL RISKS AND/OR SIDE EFFECTS

- There are no long-term side effects. A small percentage of patients (approximately 3-5%) may experience a localized flare reaction at the site of injection (increased pain, joint stiffness) that can last for several days post injection. Viscosupplementation flares settle without treatment. Please contact your physician if you have concerns following your injection.