



PRAIRIE

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After Your Viscosupplementation Injection

What do I do now?



- Keep the bandage on for the rest of the day
- Avoid having a bath, using a hot tub, or going swimming for 2 days. Showering is OK
- Soreness, stiffness, mild bruising, and muscle cramping may occur at or around the injection site.
- Apply ice to the injection site as needed to relieve pain. Tylenol/acetaminophen or anti-inflammatories (Advil/ibuprofen, Aleve/naproxen, etc.) can be taken regularly, as per instruction on the bottle, if pain is persisting.

What can I expect?



- If freezing was used, your pain will likely improve for the next few hours. The pain will likely return to where it was before the injection until the viscosupplementation kicks in; this is typically 1-2 weeks after the injection but may take up to 6 weeks. Mild aching in the joint after the injection is normal.
- As a result, take it easy for the first day or two. For instance, if you received an injection in your shoulder, avoid heavy lifting. If you received an injection in your knee, stay off your feet when you can.

What do I monitor for?



- There is a small chance of getting a joint infection (around 1 in 10,000) due to a viscosupplementation injection. This is an emergency and often requires surgery to clean out the joint. Symptoms usually start after Day 3, and may include:
 - Increasing pain, swelling, warmth, or redness that lasts more than 48 hours
 - Red streaks coming from the injection site
 - Pus draining from the injection site
 - Fever >37.8°C
- There is a small chance of developing either an inflammatory flare (2-6%) or allergic reaction (1-2%) in response to the viscosupplementation injection. This may appear like an infection, but starts after 24-48 hours. This may require a course of anti-inflammatories, a cortisone injection, or even assessment in the Emergency Department to rule out an infection.
- If you develop any of these symptoms, you are to call our office immediately or present to the nearest Hospital/Emergency Department for urgent assessment.