

- Some patients experience deterioration in their symptoms for about 48 hours after the injection. Rest and simple pain killers usually help.
- Infection may be introduced into the joint or soft tissues as a result of an injection. This is extremely rare but can have very serious consequences if not identified and treated promptly. If you experience progressive warmth, swelling or worsening symptoms at the injection site particularly in association with fever, seek urgent medical attention.
- Allergic reaction to the Synvisc product or to the local anaesthetic. Allergy is rare and the Synvisc products are associated with a lower risk of allergy than other viscosupplement products on the market. Any serious allergic reactions (if they occur) are most likely to occur within 20 minutes of the injection. You should therefore remain in the clinic for 20 minutes following your procedure.
- Bleeding or bruising. This is more likely if you are taking certain medications for example aspirin, warfarin or other antiplatelet drugs and usually settles with simple pressure. If you experience severe swelling or bruising after the injection seek urgent medical attention.

Please report any known allergies (drugs, elastoplast etc) to the doctor prior to the procedure.

Fylde Sports Injury Clinic



Patient Information Leaflet

“Synvisc” Injections

Background:

SYNVISC is a “visco-supplement”. These are injectable medicine which are used to treat the symptoms of osteoarthritis and inflammation and pain. This leaflet gives you some basic information about synovial joints, about what happens when you get osteoarthritis and about injections with Synvisc products.

What is a Synovial joint?

A synovial joint is one in which the ends of the bones are enclosed in a capsule containing a thick, slippery liquid called synovial fluid. The bone ends are covered in a smooth layer of a tough, rubbery substance called cartilage. The synovial fluid helps protect the cartilage from wear and tear by keeping the bones slightly apart and by acting as a shock absorber and lubricant. It also acts as a filter, letting nutrients reach the cartilage, but blocking the passage of harmful cells and substances. The most important component of synovial fluid is a substance called hyaluronic acid. It is this substance that allows the synovial fluid to perform its cartilage saving properties. Hyaluronic acid is continuously broken down and replaced. Normally, there is an exact balance between the breakdown of old hyaluronic acid and the production of new hyaluronic acid. In osteoarthritis, however, this balance is disturbed and breakdown happens faster than production. As a result, the synovial fluid becomes watery and stops working properly. As a result the cartilage in the joint gradually wears away. The thinning

of the synovial fluid and wearing away of the cartilage leads to symptoms of osteoarthritis, which include pain, stiffness and swelling.

How do Synvisc Products work?

Injecting Synvisc (a form of hyaluronic acid) into the joint on several occasions can:-

- Improve the viscosity of the synovial (lubricating) fluid.
- Reduce pain and swelling within the joint.
- Increase the articular cartilage depth on load bearing surfaces.
- These products can provide symptom relief but do not cure the underlying osteoarthritic disease process.

The technique of supplementing the hyaluronic acid levels in a joint is called Viscosupplementation.

Synvisc treat joints such as the knee or hip.

How are the injections given ?

The area around the joint is prepared with anti-septic solution, and the injection done under aseptic conditions. An area of skin and the tissues underneath are numbed with some local anaesthetic - this may sting a little. A needle is inserted into the joint space, the Ostenil injected, and then the needle is withdrawn

What happens after the injection ?

You may notice some redness and warmth in the joint after an injection. This occurs much less commonly with **Synvisc** products than with some of the other viscosupplement preparations on the market. You may continue with your normal everyday activities, but strenuous use of the joint should be avoided for 1 week.

How long does do the benefits of Synvisc injections last for?

Although a minority of patients do not respond to treatment, patients with mild to moderate osteoarthritis often see improvements in symptoms lasting from 6 to 12 months. However, this can vary from individual to individual. It should be noted however that patients with severe destructive osteoarthritis are far less likely to respond to treatment with **Synvisc** products, and for these patients, surgical joint replacement may offer the best solution.

For patients who do respond to treatment with **Synvisc** products, injections may be safely repeated. There are no known long term adverse effects with repeated injections of these products.

What are the possible risks and side effects of the treatment ?

The risk of a complication arising from injection with **Synvisc** Products is low and serious complications are extremely rare. However occasionally the following may occur and may require medical attention;

- Some individuals are susceptible to fainting during medical procedures. Faints result from a sudden short term fall in blood pressure. Please inform the doctor or podiatrist in advance if you feel this may be likely so that precautions can be taken.