

Sarah Rennison Physiotherapy
EQUINE | CANINE | HUMAN | CHARTERED PHYSIOTHERAPIST
CONTACT US
info@sarahrennisonphysio.co.uk
07834 359206

# Hyaluronic Acid Injections

### How does Hyaluronic acid help?

It helps to improve lubrication of the joint and supports your body to improve joint health.

### How long does it take to work?

It can take 6-12 weeks to see an improvement, and for most people it can last approximately 6 months. Some people may feel the benefit for longer.

### What should I know after my injection?

- Pain
  - Some people may feel pain initially after the injection for a short time. Often called a “post-injection flare”. It can last for up to 3 days but should get better on its own. Take normal pain relief as required.
- Infection
  - Infections are very rare as aseptic techniques are used.  Look out for the following signs:
  - Pain that lasts for more than 3 days afterwards
  - Swelling, redness or warmth at the area
  - Feeling unwell, or having a fever above 38°C
  - You need to see a doctor IMMEDIATELY if you think you have an infection
- Take it easy
  - Rest the area for the first 24 hours, this may help reduce the chance of a “post-injection flare”
- Allergic reaction
  - A very rare reaction called “anaphylactic shock” can happen. This is extremely rare.
  - You will be monitored for 20 mins after administration of the injection to ensure no reaction occurs, as it will occur within those 20 minutes if it is going to
  - If you feel unwell during that time please let your clinician know
  - If you get a rash, feel dizzy, or find it hard to breathe after this time, call 999
- Other reactions
  - If you take blood thinners you may bruise easily.