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INJECTIONS

Euflexxa/Orthovisc/Gel-One/Monovisc (all are types of hyaluronic acids) therapy is like lubrication for your knee. It is intended to act as a “shock absorber” to cushion the knee joint and reduce pain. As a result, you may be able to return to a more comfortable and active lifestyle. This injection is not a drug. It is made from a substance that is found in normal joint fluid. Pain relief can last for months. Some 10% of patients experience some relief after the first injection but the most pain relief and the greatest amount of treatment success generally comes 8 to 12 weeks after the first shot. Because it is injected directly into the joint, you may feel some discomfort after the treatment. Temporary pain, swelling and/or fluid accumulation in and around the joint may occur after an infection. These symptoms normally go away within a few days. Simple treatments (note below) are usually enough to provide relief. As noted, you should limit physical activity for a short period of time after you receive an injection.

Cortisone & Sensorcaine. Cortisone is a steroid and Sensorcaine is a local anesthetic which will last approximately 5 hours. While the Sensorcaine is working, make a mental note of the amount of pain relief as this will give us important diagnostic information. Sometimes the effects of Cortisone and Sensorcaine do not overlap thus the pain can occasionally be worse the day of and following the injection. It will sometimes take 48-72 hours for the Cortisone to take its full effect. Follow the instructions below to optimize this therapy. The goal of this injection is to decrease inflammation (cortisone is an anti-inflammatory like ice, ibuprofen, aspirin, Aleve, etc.) and pain as well as giving us some diagnostic information.

AFTER ANY OF THE ABOVE INJECTIONS:

- minimize activity for 3 to 5 days
- Remember your old friends: Rest, Ice, Compression and Elevation
- Ice at least 3-4 times a day for a few days after the injection. Ice for 20 minutes at a time with at least an hour off in between.
- Anti-inflammatory medicines (i.e. Advil (ibuprofen), aspirin, Diclofenac or Aleve) can be used in conjunction with the injection. Any stretching program can resume the same day as your injection. Other activities should resume at 72 hours (you may be given exercises for your specific injury).

Cortisone injections have been given a bad reputation in the past due to their misuse. Often the joint feels better after the injection, thus the tendency is to continue with strenuous activities. **AVOID THESE TENDENCIES!**

A DECREASE IN ACTIVITY IS NECESSARY TO ALLOW THIS TREATMENT TO BE EFFECTIVE.

CALL IF ANY ISSUES - 603-536-2270

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