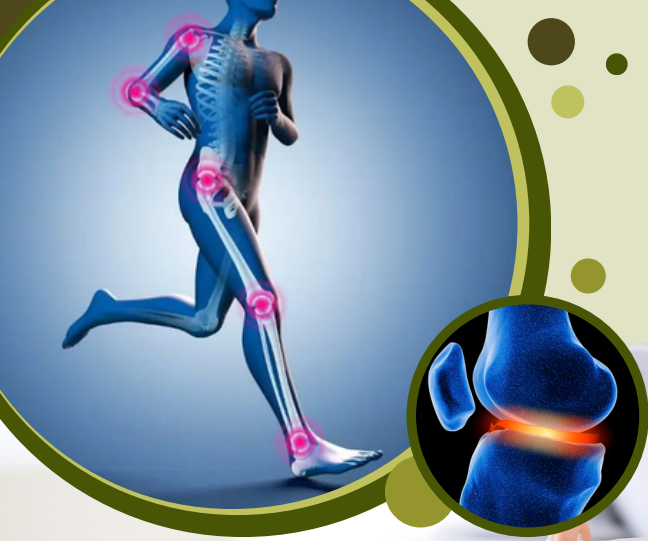


# Ostenil Injections



## *What are Ostenil Injections?*

Ostenil is a solution containing hyaluronic acid which is a natural substance found within synovial joints such as the knee, hip, and shoulder. Hyaluronic acid acts as a lubricant and shock absorber, coating the surface of the joint cartilage. This means that it can decrease pain and stiffness and improve the other symptoms of osteoarthritis.

## *How does Ostenil work?*

The hyaluronic acid solution is injected into the space in the joint that contains synovial fluid. It restores the normal balance between the breakdown and production of hyaluronic acid.

## *What can I expect if I decide to have treatment with Ostenil?*

Ostenil will be injected directly into the joint affected. This will be done once a week until you have had three injections or with one injection when using Ostenil plus. Immediate beneficial effects are rare, but you should start to feel less pain and stiffness over the next few weeks. The improvements in your symptoms should last for several months but will usually depend on the severity of the arthritis.

## *What treatment options are available?*

Ostenil® is offered at Physiotherapy Matters in 3 different options:

1. Ostenil (standard) 2ml of 1% Sodium Hyaluronate: this is a course of 3 injections for larger joints (shoulder, elbow, wrist, knee and ankles)
2. Ostenil Plus 2ml of 2% Sodium Hyaluronate: one injection for larger joint, usually delivered as a top up
3. Ostenil Mini 1ml of 1% Sodium Hyaluronate: this is a course of 3 injections for smaller joints (thumbs and big toes)





## What are the potential side effects?

The hyaluronic acid in Ostenil is very pure and does not contain animal products, which means it is unlikely to cause an allergic reaction. Side effects are extremely rare however with all injections there is a small risk of side effects, including:

- Infection: if the area becomes hot, swollen, or painful for more than 24 hours you should contact your clinician or GP or phone 111 immediately.
- Superficial bruising and bleeding within the joint (in patient who take blood thinning medication).
- Post Injection pain.
- Redness or swelling around the joint.
- Because Ostenil is not a drug it should not interfere with medication you may be taking, however it is important to discuss your medical history and medication with your clinician during your initial assessment.
- An aseptic non-touch technique with single use, sterile needles are used in the clinic.

## Are there any times I should not have the injection?

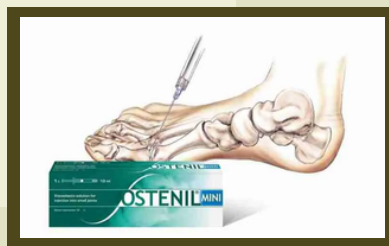
Yes, if you:

- Have an infection anywhere in your body
- Feel unwell
- Are Pregnant
- Are under the age of 18
- Do not want the injection
- Is there anything else the clinician should know?



## After your injection.

To gain the most benefit for your injection it is important that you rest the joint from any strenuous activity for 1-2 days. You will still be able to carry out your normal daily activities. It is important that you attend your follow up appointment so that repeat injections can be provided within weekly intervals.



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