

## Ostenil Crib Sheet

### **What happens in osteoarthritis?**

The hyaluronic acid in synovial fluid does not stay there for a whole lifetime, but 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. The thinning of the synovial fluid and wearing away of the cartilage lead to the symptoms of osteoarthritis.

### **What is Ostenil , and how does it work?**

Ostenil is a solution containing hyaluronic acid. It is not a drug and is classed more as a lubricant. It is injected into the space in the joint that contains synovial fluid and works by restoring the normal balance between the breakdown and production of hyaluronic acid. This effect of Ostenil means that it can decrease pain and stiffness and improve the other symptoms of osteoarthritis.

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

If you decide to have treatment with Ostenil, it will be injected directly into the joint affected by osteoarthritis. You may not notice any benefit immediately after your injection, but will gradually experience a reduction in pain and stiffness.

Standard Ostenil Vs Plus: the degree of relief appears to be similar but the duration of effect may be longer with the standard course 9-12 months vs 6-9 months for Plus.

The improvement in your symptoms is likely to persist for several months, depending on the progression of the degenerative change in the joint being treated.

Success rates: 80% of people report an improvement in their symptoms.

### **Factors that may affect the success**

- Degrees of OA in the joint (better if mild/moderate OA)
- Patients weight
- Patients functional levels

### **Side effects**

Ostenil has been extensively tested and has not shown to lead to any major adverse events.

Known complications include:

- Infection (Like any needle procedure) 1:50,000
- Post injection 'flare' of pain lasting 2-3 days 1:10
- Soreness during procedure (Average 4/10 pain lasting a few seconds)

### **Advice to give patients:**

- Rest for 2 days post injection (No longer shopping trips, sports, periods standing)
- Driving after typically fine
- If an active infection unable to offer the injection