

KRAMER MEDICAL

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PATIENT EDUCATION: HYALURONIC ACID INJECTIONS

Osteoarthritis (OA) is one of the leading causes of joint disease affecting virtually each and everyone one of us. OA is a process that has occurred secondary to years of over use, increased weight, prior surgery, injuries, poor alignment and a positive family history. OA affects the smooth cartilage of our joints causing areas of roughness and can lead to areas of exposed bare bone. These changes in the joint can result in changes of the bone shape (osteophytes), loose bodies, inflammation, pain, stiffness and decreased motion.

Hyaluronic Acid (HA) is a viscosupplementation injection. Hyaluronate is a natural chemical found in high amounts in joint tissue and the fluid that fills the joint. Similar to hyaluronate, HA acts as a lubricant and a shock absorber in the joint, thereby decreasing inflammation. The shots are administered in a series of 3 to 5 shots depending on the severity of symptoms and the brand chosen. The injections are given 7 to 10 days apart and the patient is instructed to rest for 24-48 hours after the injection. HA injections can be given every six months but it is important to note that not all insurance companies will approve them at this time increment. As with anything, there are risks that are involved but are rare. These risks include: pain at the injection site, infection, swelling, allergic reaction and bleeding. Please let us know if you have an allergy to products from birds such as feathers, eggs, and poultry.