

# Ostenil Injections

## Frequently asked questions

### What is Hyaluronic Acid/Ostenil Plus?

Take photographs of the problem area using a special camera microscope. Three pictures will be taken, including a close up. Please Note: Healthcare Assistants are not able to give clinical advice at this appointment.

### What are the benefits of having an injection?

The injection can help to reduce the irritability and severity of your symptoms to allow continued rehabilitation and conservative treatments.

### Who is going to administer the injection?

A specialist physiotherapist, who has undertaken further injection training to assess and administer the injection safely.

### Is the injection painful?

You should expect to feel some pain during the procedure. All efforts will be made to minimise discomfort. Whilst the area that is going to be injected can remain sore for the next 48 hours, it is usually safe to take over the counter pain relief to relieve symptoms. (Subject to your own allergies)

### When should I not have an injection?

You should avoid the injection if you

- have an infection on your skin or anywhere else in your body
- have any known allergies to medications to be injected
- feel unwell
- are pregnant or breastfeeding
- are under 18 years old
- do not want the injection
- do not understand why you are having the injection.



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information  
on injections.**





## What are the possible side effects?

- Infection – if the area becomes hot, swollen and painful for more than 24 hours, you should contact the clinician that injected and your GP
- reduction in heart rate and blood pressure, as well as light-headedness
- dizziness
- palpitations
- blurred vision
- nausea
- feeling warm or cold
- facial pallor
- excessive sweating
- fainting

**You may also be asked to wait for 20 minutes following injections to ensure there is no allergic reaction to the medication.**

## How is the injection done?

The skin is cleaned with antiseptic, a needle is gently put into the affected area and the solution is injected through a needle.

## How fast does the injection work?

You will probably not notice any benefits immediately after the first injection, but you should gradually start to feel less pain and stiffness over the next few weeks. 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.

When the effects of your OSTENIL® injections begin to wear off, you can safely choose to have another injection if your clinician agrees it is appropriate.

## How many injections can I have?

This will depend on severity of your symptoms and effects of the first injection. However, there are no specific limits on the amount of injections.

## How long can the injection last?

One injection of OSTENIL® PLUS can reduce pain and improves function in knee OA over 6 months.

## Will I have to be seen again?

You will have a follow up with your injecting physiotherapist, either face to face or via telephone call.

