

Knee Viscosupplementation Injection

Viscosupplementation is the injection of hyaluronic acid, which is a significant component of synovial fluid.

The quality of synovial fluid as well as the concentration of hyaluronic acid is compromised due to osteoarthritis.

It is possible that a viscosupplementation injection will remain effective longer than a traditional corticosteroid injection, especially if performed in the earlier stages of osteoarthritis.

Conditions treated

You might benefit from a knee viscosupplementation injection if you suffer from:

- Osteoarthritis of the knee
- Degenerative joint disease of the knee

Duration

Less than 30 minutes

How is it performed?

Prior to the injection, the injection site will be cleansed and numbed with a local anesthetic. To ensure proper needle placement, the physician may utilize ultrasound guidance when inserting the needle. Once in the proper location, the physician will inject a small amount of hyaluronic acid.

What are some of the risks and side effects?

This procedure is a relatively safe, non-surgical treatment, with minimal risks of complications. Some of the most common or possible side effects are:

- Allergic reaction – swelling, warmth, rash. Call physician immediately if this occurs.
- Weakness
- Increased pain

What to expect after the procedure

Following the injection, you should consider a rehabilitation program of gentle knee exercises to work on range of motion.

Ice is typically more helpful than heat during the first two to three days after the injection.

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