Maritime Sport Medicine
a Division of Arthritis & Injury Care
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HYALURONIC ACID (HA) POST-INJECTION INSTRUCTIONS

During your visit today at the Maritime Sports Medicine Clinic you were treated with a hyaluronic acid injection.

Please note:

- Lidocaine numbs the area that has been injected. This medication acts quickly, but wears off in 1 to 3 hours.

- Hyaluronic Acid is the main ingredient of your natural joint fluid. It can help to lubricate the joint, dilute inflammatory mediators in the joint, and encourage your body to produce more of its own joint fluid. It may take up to 2-3 weeks to take full effect.

Possible Side Effects of the Injection:

- Rarely, a flare of pain or discomfort can occur at the injection site. This discomfort is called a "post-injection flare" and usually subsides quickly, but can last 24 to 48 hours after the injection. This can be treated with an ice pack +/- Tylenol, Ibuprofen, or Aleve (if you do not have medical contraindications to these medications).

Call or Email the Maritime Sports Medicine Clinic (Mon – Fri from 8:00 am to 3:30 pm) or present to the emergency room (after hours) if any of these symptoms occur:

Shortly after injection:

- Difficulty breathing
- Progressive Rash

The above symptoms may indicate a developing allergic reaction or hypersensitivity to the medications or skin preparation solutions.

Three or more days after the injection:

- Systemic symptoms of infection such as fevers and chills

- Progressive discoloration and/or swelling at the injection site more than 2 days after the procedure (remember, within the first 48 hours this is more than likely a "post-injection flare", as described above)

The above symptoms may indicate a developing infection at the injection site.