

Durolane® Hyaluronic Acid Injection

What is Durolane®?

- Durolane® is a gel made of hyaluronic acid that is designed to mimic joint fluid, improving cushioning and movement.
- Durolane® is used most commonly in knee arthritis, however hips, shoulders, ankles and other small joints can be injected.
- The injections are more likely to be helpful in mild to moderate arthritic joints.
- This injection is done using ultrasound guidance to ensure the injections is as safe and accurate as possible.

What conditions can Durolane® help?

- Osteoarthritis of the knee, hip, shoulder, ankle or other small joints
- Joint pain following arthroscopy (scope) – within 3 months of procedure

What to expect after treatment?

- There may be some post-treatment soreness but this is uncommon.
- Rarely, injections will cause a flare up of pain for a few days. This is unusual and should resolve with anti-inflammatory medication and other conservative measures.

How can I treat post-procedure pain?

- Tylenol (acetaminophen) or NSAIDs (ibuprofen, naproxen, etc.).
- Icing injection sites, proper hydration and progressive range of motion exercises are also effective to speed recovery.

What should I avoid after treatment?

- Avoid touching the injection sites unnecessarily, this can increase infection risk.
- No manual therapy including massage, chiropractic treatment for 3-5 days.
- Reduce your activity level for 48 hours then slowly progress back to baseline.

How many treatments will I need?

- The first injection can provide relief for 6+ months.
- Subsequent injections often provide longer lasting relief.

PRIMEMEDICAL

HEALTH EXCELLENCE

What are the risks?

- *Infection*: is a very rare but potentially serious complication. If you have a red, hot, swollen joint please contact our office immediately. If you cannot reach us please go to the closest emergency department.
 - If you develop these symptoms with fever, sweats, chills, or other flu-like symptoms, go to the closest emergency department
- *Lightheadedness or nausea* are rare and generally resolve rapidly
- Brief post-treatment soreness from the process of injection
- A temporary increase in pain is uncommon but can occur

When should I rebook?

- Each patient is different, with different recovery times and acuity of pain.
- We suggest rebooking when your joint pain returns.

How can I improve my chances of long-term benefit?

- Ensure you are participating in rehab, even if that is at-home physiotherapy consisting of rolling and stretching. If you need a rehab practitioner recommendation, please ask. We want to make sure your biomechanics are optimized to promote long-term results.