

VISCOSUPPLEMENTATION INFORMATION FOR PATIENTS

What is viscosupplementation?

Viscosupplementation is a nonsurgical treatment option for Osteoarthritis (OA). Hyaluronic Acid is a naturally occurring substance found in the synovial fluid surrounding joints. It acts as a lubricant to enable bones to move smoothly over each other and acts as a shock absorber for joint loads. People with OA have a lower-than-normal concentration of Hyaluronic Acid in their joints.

There are many types of viscosupplementation that may be administered in a series of three injections or, in some cases, a single injection based on your provider and insurance.

These include: ORTHOVISC, EUFLEXXA, SUPARTZ, SYNVISC, SYNVISC-ONE, MONOVISC, and HYALGIN.

What is viscosupplementation used for?

To relieve knee pain due to OA. It is used for patients whom do not get adequate pain relief from simple pain relievers/ conservative treatment including:

Non-drug treatments:

-Avoiding activities that cause pain in your knee

-Exercise

-Physical Therapy

Drug Treatments:

-Pain medication such as Acetaminophen (Tylenol)

-Drugs that reduce inflammation, such as Aspirin and other NSAIDs (such as Ibuprofen and Naproxen).

Discuss NSAID use with your physician.

-Corticosteroids that are injected directly into the knee joint

What are the benefits of viscosupplementation?

Clinical trials conducted in the US have shown that viscosupplementation provides pain relief to patients who have not been able to find pain relief with simple pain medication or exercise compared to saline placebo injections.

Generally, it takes the entire series of injections for patients to experience relief in their symptoms.

Occasionally, patients have less knee pain after their first injection.

Are there any reasons why you should not take viscosupplementation?

If you are injected with certain types of viscosupplementation and are allergic to bird products, you could develop an allergic reaction to the injections, which may be severe.

You should not take this product if you are allergic to products from birds (poultry, feathers, eggs, etc.).

There are some types of viscosupplementation (EUFLEXXA, MONOVISC) which do NOT contain bird products.

You should not have an injection in the knee if you have infections or skin diseases around the injection site.

Things you should know about viscosupplementation

It should be injected by a qualified physician or physician assistant.

Tell your physician if you are allergic to bird products.

For 48 hours after you receive the injection, you should avoid high-impact activities such as jogging, tennis, heavy lifting, or standing on your feet for a long time.

The safety and effectiveness of viscosupplementation in joints other than the knee has not been demonstrated in US studies.

The safety and effectiveness of viscosupplementation has not been shown in pregnant or nursing women.

You should tell your doctor if you are pregnant or nursing.

The safety and effectiveness of viscosupplementation has not been shown in children.

Possible complications

Side effects are sometimes seen when Hyaluronic Acid is injected into the knee joint. These can include pain, swelling, heat, rash, itching, burning, and/ or redness. Your knee may also feel achy. These reactions are generally mild and do not last long. If any of these signs or symptoms appear after you are

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given viscosupplementation, or if you experience any other problems, you should call your doctor.

How is viscosupplementation given?

Generally, your doctor will inject the medicine into your knee joint once a week, for a total of 3 injections.