

AFTER CARE



For more information,
please speak to your
Healthcare Professional or
visit www.sinovial.co.uk



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What to Expect

You may experience temporary symptoms at or near the injection site, including:

- Pain
- Warmth or a burning sensation
- Redness
- Swelling

These are common and temporary effects and usually resolve shortly.

What You Can Do



Apply an ice pack to the area to help ease discomfort and swelling.



Rest the joint as advised by your healthcare provider.



Avoid strenuous activity for the first 7 days.

Please notify your healthcare provider of any side effects, even minor ones.

FAQ's

How soon will I see results?

Our research shows you could experience pain relief within 7 days after your injection¹

How long will they last?

Pain relief and improved movement can last for a minimum of 6 months.¹

How soon can I return to activities?

You should rest for at least 48 hours or for several days depending on how comfortable you feel.

Is it safe to have repeated injections?

There is no information available to suggest that there is an increased risk profile with repeated injections. If you need to have more injections please speak to your healthcare provider.

Is it safe to have surgery after my injection?

There is no information available to suggest that there is an increased risk profile with having surgery after your injection. If you are planning surgery you need to speak to your healthcare provider to check what is right for you.

When to Seek Advice

Symptoms such as feeling unwell, nausea/ vomiting, raised temperature and severe pain and swelling could indicate a joint infection. You should go straight to a hospital if you develop these symptoms within the first week after your injection. **This is a very rare complication after any joint injection.**

Maintaining healthy joints and tendons after your injection can be achieved by:

- Regular exercise to maintain muscle strength
- Keeping a healthy body weight
- Sleeping well
- Reducing stress
- A healthy, balanced diet containing key nutrients

IBSA VITAMINS:

Maintain good bone, joint and tendon health.

Our convenient, thin-film vitamins melt on your tongue quickly without the need for water.



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Iron

Contributes to normal formation of red blood cells and haemoglobin



Vitamin D3

Contributes to the maintenance of normal bones



Vitamin B12

Contributes to the normal function of the immune system

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Reference: 1. Migliore, A., Blicharski, T., Plebanski, R. et al. Knee Osteoarthritis Pain Management with an Innovative High and Low Molecular Weight Hyaluronic Acid Formulation (HA-HL): A Randomized Clinical Trial. *Rheumatol Ther* 8, 1617–1636 (2021). <https://doi.org/10.1007/s40744-021-00363-3>