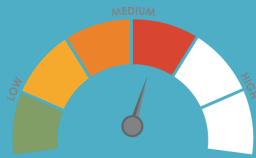


Viscosupplement Injections



Mid to late stages

What is it?

Injection of gel-like material to cushion and mobilise the knee. You will need multiple injections.

You will need a series of injections for this to be effective.

This procedure is not NICE approved.



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Works best in stage 4 & 5



Benefits

May decrease pain and slow down joint wear in a small percentage of patients. Some patients also report a decrease in swelling.

However, it's unpredictable and difficult to identify who will benefit from this treatment.



Risks

Exacerbation of pain, infection, allergy, redness, persistent swelling, nausea, stomach pain, limp, swelling of hands or feet, back pain, headache, dizziness, runny nose and repeated sneezing.

This is not NICE recommended.



Low cost



Worse for 2+ weeks



Affected 2+ weeks



Minor



Minor



Minor



Minor



Affected 2+ weeks



Minor



Minor



Minor

Limitations due to treatment



Video

What does it involve?

You will need a series of injections for this to be effective.

Synvisc is one injection every week for three weeks.

Hyalgan is one injection every week for 5 weeks.

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Effort/burden

This is an outpatient procedure where the substance will be injected into the affected joint.

The treatment requires repeated injections.

You should continue with all other physical therapy methods as this treatment is unlikely to work on its own.

Benefits

Some studies show that these injections may decrease the pain in a select group of patients.

Some also report a decrease in swelling.

In some patients, these injections may also slow down joint wear. However, it's difficult to identify who will benefit from this.

Risks

Severe exacerbation of pain, infection, allergy, redness, persistent swelling, nausea, stomach pain, limp, swelling of hands or feet, back pain, headache, dizziness, runny nose and repeated sneezing are all reported risks.

This procedure is not recommended by NICE as an effective treatment for an arthritic knee.

Cost

This is a moderately low-cost option for both patients and the NHS.

Patient: Cost may vary depending on local arrangements. Some commissioning bodies do not authorise the use of these injections, so the procedure may need to be done under a private setting. This can cost up to £225 per injection

plus an additional cost of a private consultation.

NHS: Between £8.80 to £45.00 per injection based on local arrangements.

What if no treatment is done?

Ongoing pain.

Arthritis may deteriorate and affect your activities of daily living (ADL), family life, work environment and leisure activities.

If the condition progresses, you may require a complex and more demanding procedure.

If it progresses significantly, there might not be any further treatments available.

You may regret not opting for treatment earlier.

References

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<http://www.lloydspharmacy.com/en/hyalgan-20mg-2ml-solution-for-injection-pre-filled-syringes>

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