

# Ultrasound Guided Hyaluronic Acid (HA) Injections

## **What is Hyaluronic Acid (HA) Injection?**

HA is a natural component of synovial fluid. HA injections help to increase the synovial fluid viscosity, restore the joint lubrication and acts as a shock absorber hence controls the joint /tendon symptoms.

## **How many Injections do I need?**

A course of 3 injections are recommended for the best results. However, this varies from severity of the problem, type of HA preparation (Some HA injections have significantly larger particles than other HA injections). Some patients benefited from one injection, others benefited from 2 to 3 injections per year.

## **How long HA injections work?**

We offer HA injections with large particles. Larger particles stay longer in the joint. If your body responds well to the treatment, you should see the benefits in few days and lasting for few months. Very few cases HA injections may not be effective.

## **Are there any side effects and risks?**

HA injections have very few side effects. Some may experience slight allergic reaction, temporary flare up of symptoms, swelling. Infection is a rare complication. All our injections are Ultrasound guided. Hence, avoids injecting into the blood vessels.

## **Post injection care?**

You may require 2 days of relative rest in case of developing bruising pain from the injection needle. Also try avoiding any strenuous activities for 2 weeks after injection.

If feels unwell or shows signs of infection (swelling, redness, increased temperature, feeling unwell, painful movements) visit your GP or A and E immediately. However, Infection is a very rare complication.

## **How does HA injections for TENDON work?**

HA's lubricating ability improves the gliding and reduces the stickiness of the tendon fibres. HA also blocks pain receptors and hinders inflammatory mediators. Overall it helps to restore the normal tendon features.