

Orthovisc Injection Information

You have been given an Orthovisc injection today by one of our physicians. Orthovisc injections are used to treat pain and stiffness in your knee. Orthovisc is high molecular weight hyaluronan which is a naturally occurring lubricant found in healthy knee joints. A short acting numbing medicine called Lidocaine may be injected with the Orthovisc to dull your knee pain for a few hours.

Recommendations:

- Your knee may feel stiff or full for 2-3 hours after the injection. Be sure to rest and increase your activity as tolerated once the stiffness starts to resolve.
- Ice the knee and take an anti-inflammatory if the stiffness persists for more than 4 hours after the injection.
- Avoid soaking in water 48 hours after the injection. Showering is safe, but avoid soaking the knee in a bathtub. You should avoid going swimming in a pool, lake or hot tub for 48 hours as it may increase your infection risk as well.

Things you should be aware of:

- The Orthovisc injection you received in clinic today is one of a three part series. We will need to see you in clinic the next 2 weeks in a row in order for you to receive the second and third injections. For optimal results, it is best to have the injections exactly one week apart.
- 4-6 weeks from the injection is when you will feel the full effect of the medication.
- The effects of the medication last on average 4-6 months.
- You can repeat Orthovisc injections every 6 months as needed.
- If you experience unbearable pain, fever, or redness, you should contact the office at 815-455-0800