

## Synvisc Injection Information

You have been given a SynviscOne injection today by one of our physicians. SynviscOne injections are used to treat pain and stiffness in your knee. SynviscOne 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 SynviscOne 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:

- 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 4-6months.
- You can repeat SynviscOne injections every 6 months as needed.
- If you experience unbearable pain, fever, or redness, you should contact the office at 815-455-0800.