



NEW HAMPSHIRE KNEE CENTER

AT

THE ALPINE CLINIC



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INJECTIONS

Euflexxa /Synvisc / Supartz therapy is like lubrication for your knee. It is intended to act like a kind of “shock absorber” to cushion the knee joint and reduce pain. As a result, you may be able to return to a more comfortable and active lifestyle. This injection is not a drug. It is made from a substance that is found in normal joint fluid. Pain relief can last for months. Many patients experience some relief after the first injection. The most pain relief and the greatest amount of treatment success generally occur 8 to 12 weeks after the treatment begins. Because it is injected directly into the joint, you may feel some discomfort after the treatment. Temporary pain, swelling, and/or fluid accumulation in and around the joint may occur after an injection. These symptoms normally go away within a few days. Simple treatments (noted below) are usually enough to provide relief if needed. You may have to limit physical activity for a short period of time after you receive an injection.

You have been given an injection of Cortisone & Sensorcaine. Cortisone is a steroid and Sensorcaine is a local anesthetic which will last approximately 5 hours. While the Sensorcaine is working, record the amount of pain relief as this will give us important diagnostic information. Sometimes the effects of Cortisone and Sensorcaine do not overlap thus the pain can occasionally be worse the day of and following the injection. (It will sometimes take 48 - 72 hours for the Cortisone to have its full effect.) Follow the instructions below to optimize this therapy. The goal of this injection is to decrease inflammation and pain as well as giving us some diagnostic information.

- Minimize activity for 3 to 5 days
- Remember your old friends: Rest, Ice, Compression & Elevation
- Ice at least 4-5 times a day for a few days after the injection. Ice for 20 minutes at a time with at least an hour off in between.
- Anti-inflammatory medicines (i.e. Advil or Aleve) can be used in conjunction with the injection.
- Begin your stretching program this afternoon and begin exercises at 72 hours. (You will be given exercises for your specific injury.)

Cortisone injections have been given a bad reputation in the past due to their misuse. Often the joint feels better after the injection, thus the tendency is to continue with strenuous activities. **AVOID THESE TENDENCIES!**

A decrease in activity is necessary to allow this treatment to be effective

CALL US IN 5 - 7 DAYS TO

LET US KNOW HOW YOU ARE DOING