

ONE-PAGE PATIENT SUMMARY

Ultrasound-Guided Knee Hyaluronic Acid Injection

A cautious guide to a non-steroid injection for symptomatic knee osteoarthritis



Healthy knee and knee affected by osteoarthritis, showing synovial fluid, synovial tissue, cartilage and joint capsule.

What is this treatment?

An ultrasound-guided injection places hyaluronic acid, a substance naturally found in joint fluid, inside the knee to try to ease osteoarthritis pain and stiffness. It is a non-steroid treatment considered only after assessment and shared discussion of uncertain benefit, risks, alternatives and no injection.

Key points

- Knee osteoarthritis can cause pain, stiffness, swelling and difficulty walking or using stairs.
- Hyaluronic acid is placed inside the knee joint; it is not a steroid.
- Real-time ultrasound guides the needle into the intended joint space.
- Suitability follows assessment, not age or an X-ray alone.
- NICE does not recommend intra-articular hyaluronan for osteoarthritis; benefit is uncertain.

Assessment and treatment pathway

1 Assessment and choice

Mr Dehne reviews the cause of pain, symptoms, examination, imaging, health, medicines, allergies, goals, alternatives and expectations. Product, dose and appointments are confirmed individually.

2 Prepare safely

Report fever, illness, dental infection, skin damage or redness near the knee. Tell the team about allergies, anticoagulants and previous reactions; never stop prescribed blood-thinning medicine without medical advice.

3 Guided procedure

Mr Kenan Dehne uses real-time ultrasound and aseptic technique. The joint recess and needle route are assessed; significant fluid may be aspirated when appropriate.

4 Same-day discharge

A small dressing is applied. You normally leave the clinic the same day with written aftercare advice; individual instructions and the selected product leaflet take priority.

Aftercare and recovery

1 First 48 hours

Keep activity gentle. Avoid strenuous or high-impact exercise and prolonged weight-bearing for about 48 hours unless advised otherwise.

2 Comfort and driving

Use agreed safe pain relief; a cloth-wrapped cool pack may help if advised. Do not drive unless you can control the vehicle safely.

3 Monitor progress

Record changes in pain, stiffness, walking, sleep and activity. Contact the clinic if symptoms are not settling as expected or you are unsure.

What response to expect

If benefit occurs, it may develop gradually over several weeks rather than immediately, and duration varies. Some people have no worthwhile change. Do not judge the injection from one day, and previous benefit does not guarantee the same response after repeat treatment.

When to seek urgent help

Contact JointClinics or urgent care promptly for increasing redness, heat or swelling; fever or feeling significantly unwell; rapidly worsening pain; discharge; a very swollen knee; new calf pain or swelling; or a spreading rash. Call 999 for severe breathlessness, chest pain, collapse, facial or throat swelling, difficulty breathing, or another severe or rapidly worsening symptom.

Important limitations

Do not proceed with knee infection, active illness, damaged or infected skin near the injection, or known product allergy. Synvisc requires discussion of avian, feather or egg allergy. A hot swollen knee needs assessment; OSTENIL PLUS is not recommended for inflammatory arthritis, pregnancy or breastfeeding. Ultrasound reduces, but cannot eliminate, misplaced injection. It does not regrow cartilage, reverse arthritis or guarantee avoiding knee replacement. NICE does not recommend it for osteoarthritis.

Need advice tailored to you? This poster supports, but does not replace, individual assessment or consent.

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