SYNVSIC POST INJECTION INSTRUCTIONS

I have determined that Synvisc may be helpful for your condition. This treatment is a series of three injections, which involves delivering hyaluronate into the joint(s). This treatment is most commonly performed for pain caused by Osteoarthritis in the knee or hip. Following each injection, I recommend the following:

1. Apply an ice pack to the location injected once or twice daily for 10-15 minutes for four (4) days.

2. Immediately after your injection and for the next 48 hours, limit your activity such as sports, strenuous exercise or house work.

3. Avoid standing on your feet for long periods of time.

4. Call if you should experience any of the following:
   * Excessive pain and or swelling of the joint or site of injection unrelieved by Tylenol and ice.
   * Fever or chills

5. Side effects sometimes seen with Synvisc injections in the joint are joint pain, swelling, heat, redness of the joint, a rash, itching, or bruising at the injection site. These reactions are generally mild and should not last long. If these symptoms persist for more than 24 hours after you receive the injection or if you have any other problems, you should contact me.

6. You may not experience pain relief until after your last injection.

7. Please be sure to read ALL LITERATURE provided.

If you have any questions or concerns, please contact me.