

INJECTION INFORMATION

CORTISONE

A cortisone injection is an in-office procedure which contains methylprednisolone in combination with lidocaine.

HOW DOES IT WORK?

The cortisone shot or "steroid injection" has anti-inflammatory properties. The steroid is injected into the joint capsule. As it infiltrates the joint it helps to reduce inflammation and pain.

HOW LONG DOES IT TAKE TO WORK?

It usually takes a few days, sometimes a few weeks for the injection to take effect. The steroid can last for several weeks or months

*Some patients may experience a "flare up" after the cortisone shot, where the pain may get worse for 1-2 days before taking its full effect.

*Cortisone injections can temporarily increase blood sugar and/or blood pressure

HOW OFTEN CAN YOU GET A STEROID INJECTION?

It is recommended waiting a minimum of 3 months between injections. Most providers have a limit of 3-4 cortisone injections per year.

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HYALURONIC ACID ("GEL")

Hyaluronic acid (HA) is a naturally occurring substance found in the synovial fluid of the natural joint. Patients with osteoarthritis are thought to have decreased HA compared to a healthy knee.

HOW DOES IT WORK?

Hyaluronic acid has anti-inflammatory properties. The gel is injected into the joint capsule and as it circulates it helps to reduce inflammation and pain.

HOW LONG DOES IT TAKE TO WORK?

The injection is given as a series of three shots, each given one week apart. The gel can take 3-6 weeks after the final injection to begin taking its full effect.

HOW OFTEN CAN YOU GET A HA INJECTION?

It is recommended repeating HA injections every 6 months as needed.



WHAT TO EXPECT AFTER ANY INJECTION?

- Injection site soreness for 24-48 hours after the procedure
- Limit high impact activities 24-48 hours after procedure, unless otherwise discussed
- You may take Tylenol 1000mg three times daily for 2-3 days.

PLATELET RICH PLASMA (PRP)

PRP is blood plasma with activated platelets, which are rich in growth factors (concentrations 5-10x greater than usual). Growth factors are important in the healing of injuries.

HOW DOES IT WORK?

Blood is drawn from the patient's arm in a standard procedure. The blood is spun using a centrifuge which separates the platelets from other cells in the blood, increasing their concentration. The platelets and their growth factors are injected into the joint or into the injured tendon or tissue.

HOW LONG DOES IT TAKE TO WORK?

The injection can take about 6-12 weeks to start taking effect. We recommend limiting activities for 10-14 days after injection to give the platelets the best chance of working.

HOW OFTEN CAN YOU GET A PRP INJECTION?

PRP is usually repeated every 6-12 months although it can also be given more frequently for specific pathologies.

*PRP injections are not covered by insurance and will be an out of pocket cost



