

INJECTION GUIDE FOR PATIENTS

At ArthroBiologix, we offer a range of injections for musculoskeletal conditions, including corticosteroids, hyaluronic acid, platelet-rich plasma, prolotherapy, sclerotherapy, hyaluronidase, anesthetics, saline, and combination therapies.

RESPONSE TO INJECTIONS VARIES BASED ON INDIVIDUAL FACTORS

• Corticosteroid	Onset 2-3 days	Duration 2-4 months
• Hyaluronic acid	Onset 2-6 weeks	Duration 6-12 months
• Platelet Rich Plasma	Onset 6-12 weeks	Duration 6+ months
• Prolotherapy	Onset 2-6 weeks	Duration 6-12 months
• Anaesthetic	Onset immediately	Duration < 1 day

POST-INJECTION CARE

- Keep the site clean and dry for 1-2 days
- Avoid strenuous activities for 2-3 days
- Apply cold compression and elevate to reduce swelling and discomfort
- It is common to have pain post injection for the first 2-3 days

POTENTIAL RISKS AND COMPLICATIONS (RARE)

- Infection, swelling, acute and chronic pain, scarring, skin discoloration
- Atrophy, weakness, compartment syndrome, functional loss, numbness
- Nerve damage, arthritis, stiffness, fracture, allergic reactions, seizures
- Necrosis, osteopenia, flushing, high blood sugar, insomnia, bruising
- Lightheadedness, fainting, mood changes, hypotension, hypertension
- Bleeding, tendon rupture, immune suppression, edema, erythema, itching

Please note that this list is not exhaustive.

WHEN TO SEEK EMERGENCY CARE

- Chest pain, shortness of breath, loss of consciousness, blurred vision
- Disoriented speech, confusion, sudden extreme weakness, excessive bleeding
- Fever, chills, sweats, severe pain, worsening redness around the injection site

For any questions or concerns, please contact our office.

Your health and safety are our priority