

Hyaluronic Acid (HA) Injections

Euflexxa Injection Series

The Euflexxa injection series is a type of hyaluronic acid injections that provide lubrication to the knee joint. The Euflexxa series is most commonly used to treat osteoarthritis and is likely the next step following failed conservative treatments such as NSAIDs, rest, physical therapy and/or cortisone injections.

The Euflexxa injections can be performed every 6 months, and typically provide our patients with approximately 6 months of relief. The Euflexxa injections are a series of 3 injections performed over 3 weeks. Ideally, injections should be obtained 7-10 days apart for optimal outcomes.

Precautions for after your injection: **We ask our patients to avoid physical activities such as jogging, heavy lifting, twisting/pivoting activities or prolonged standing for 48 hours following the injection.**

It is common for our patients not to experience significant change in their pain levels until 2 weeks after their third Euflexxa injection. We have found this is when most patients feel the injections are becoming most effective.

Injection #1:

During your first injection of the series, you will also obtain a cortisone injection. This is the preferred method by Dr. Bjerke's team, and provides you with early pain relief and an accurate joint injection. Some people will say they get the most pain relief after their first injection, likely because of the cortisone injection administered along with the Euflexxa.

Injection #2:

During the second injection you will not obtain the cortisone like you did at your first injection, but rather a small amount of anesthetic. Again, this provides pain relief following the injection, as well as an accurate joint injection.

Injection #3:

This injection will be exactly like the second you received; local anesthetic and the Euflexxa.

For more information about the Euflexxa series visit <http://www.euflexxa.com/>. Please contact Dr. Bjerke's care coordinator, **Andria Larson at 952-456-7095** with any questions or concerns.