

Home Care After a Hyaluronic Acid Injection

This Health Fact describes what you can expect after a hyaluronic acid injection.

Pain

You may feel sore at the injection site for the next 2-4 days. For the first 24 hours, you may apply ice (wrapped in a cloth) to the site for 20 minutes on and then 20 minutes off to decrease pain. After 24 hours, you may use heat, if needed. Keep taking your pain medicine as prescribed.

If this treatment is to help with your osteoarthritis pain, it may take from one to four weeks to notice any improvement.

Activity

- You can resume normal activities but avoid anything strenuous that puts excess strain on the joint for 48 hours.
- **Do not** take a bath or soak the site for 24 hours. You can take a shower the next day.

Pain Log

You will be given a pain log to complete for the next 14 days. Complete the form and make a copy for your own records. Then mail it back to us in the envelope provided. This information can be useful to decide the next step in your treatment plan. You may resume taking your routine medicines.

Side Effects

Not all patients will have side effects. Any side effects are most often mild to moderate and should not last long. Side effects may include:

- Pain
- Swelling
- Heat
- Redness
- Fluid buildup around the joint

When to Call

Contact your doctor if you have:

- Any signs of infection:
 - Fever more than 100.4°F by mouth for 2 readings, taken 4 hours apart.
 - Increased redness, swelling or drainage around the site.
- Questions or need to make a follow-up visit to discuss your results.

Follow Up

Call your provider's office for an appointment to discuss your results.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 4/2025 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#8207.