
Hyaluronic acid injection

A patient's guide



For people with mild to moderate osteoarthritis, a hyaluronic acid injection restores some of the joint’s natural lubricant, helping it move more smoothly and with less pain.

The injection takes only a few minutes, in clinic at Opus, in Marylebone, London, and usually needs no special preparation. Most people rest the joint for a day or two, and relief may last four to six months or longer.

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This guide is general information. Your clinician will explain how it applies to you, and their advice always comes first.



01 ABOUT THE TREATMENT

What is hyaluronic acid?

Hyaluronic acid (HA) is a naturally occurring substance found in joint fluid. It acts as a lubricant and shock absorber, helping joints move smoothly.

WHEN INJECTED INTO A JOINT, HA CAN

- Ease pain
- Improve mobility
- Delay the need for surgery in some cases

It is most commonly used for knee osteoarthritis, but may also be considered for the hip, shoulder or other joints.

IS IT RIGHT FOR YOU?

HA injections may be recommended if:

- You have mild to moderate osteoarthritis
- Pain interferes with daily activities
- Other treatments, such as physiotherapy, anti-inflammatory medication or corticosteroid injections, have not helped

02 YOUR PROCEDURE

What to expect, step by step

01

BEFORE THE PROCEDURE

No special preparation is usually needed.

Tell your doctor about any blood thinners, other medication or allergies.

Do not take anti-inflammatory medication (NSAIDs) on the day unless advised.

02

DURING THE PROCEDURE

The injection site, usually the knee, is cleaned and sterilised.

A local anaesthetic may be used for comfort.

HA is injected directly into the joint space, which usually takes only a few minutes. Ultrasound guidance may be used for precision.

03

AFTER THE INJECTION

You may feel pressure or mild soreness in the joint.

Avoid strenuous activity for 24 to 48 hours.

You can use an ice pack and take paracetamol if needed for discomfort.

If anything concerns you after your injection, see **When to call us** on page 5.



03 GOOD TO KNOW

Benefits and side effects

BENEFITS

- Relief may last four to six months, or longer in some cases.
- May improve joint flexibility and walking.
- Can reduce the need for other medication or injections.

COMMON SIDE EFFECTS

- Mild pain or swelling at the injection site
- Joint stiffness or warmth for a few days
- Rarely, an allergic reaction or joint infection

WHEN TO CALL US

Please contact us if you experience:

Fever

Increasing redness, warmth or discharge from the injection site

Severe pain or the joint locking

+44 (0)208 609 7843

CONTACT US ONLINE →

NEXT STEPS

Where to go from here

AFTER YOUR APPOINTMENT

Your clinician will talk you through any follow-up and whether rehabilitation, such as physiotherapy, would help you get the most from your treatment.

QUESTIONS BEFORE OR AFTER

Many common questions are answered on our website. If yours is not, call the team on +44 (0)208 609 7843 or contact us online.

CHANGING YOUR APPOINTMENT

If you need to change or cancel, please give us at least 48 hours' notice.

[FREQUENTLY ASKED QUESTIONS →](#)[CONTACT US →](#)

FURTHER READING ON OUR WEBSITE

Hyaluronic acid injections at Opus

[→](#)

A new approach to managing osteoarthritis

[→](#)

Knee pain at Opus

[→](#)

Physiotherapy at Opus

[→](#)



GET IN TOUCH

If you have any questions before or after your injection, please speak to our team.

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[From December 2026](#)

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