

Understanding your **ARTHROSAMID**[®] treatment



**SAFE AND SUSTAINED PAIN RELIEF
WITH A SINGLE INJECTION¹**

Taking the next step in controlling your knee pain

After talking to your doctor, you have decided that Arthrosamid® is the route for you. Congratulations for taking the next step in controlling your pain. This leaflet will lay out everything you need to know about the procedure and what you can expect after. Make sure you read through, to understand what happens during the procedure and when you should expect to see the results.

What is ARTHROSAMID®?

The overall safety profile of the hydrogel has been established over the last 20 years with its use in various indications in the body. Arthrosamid® is a new type of treatment injected into the knee to help treat the pain caused by osteoarthritis, offering an alternative to currently available therapies¹. Arthrosamid® has been shown to cushion the joint, reduce pain and decrease stiffness to help improve the function of the knee.^{1,3}

Unlike other treatments it integrates with the synovial membrane and thickens the synovial fluid surrounding the knee joint, improving lubrication, and providing cushioning. The result is reduced knee pain, providing safe and sustained relief in a single injection.

What should I expect during the procedure?

Arthrosamid® is given as a single injection into the knee's intra-articular cavity by a qualified specialist – either an orthopaedic surgeon or rheumatologist. Unlike surgery, the injection is a minimally invasive procedure that you can receive as an outpatient.⁴ Before you are given an Arthrosamid® injection, you will have a local anaesthetic, which may sting a little, to numb the area around your knee. As with any implant, you will be given antibiotics to protect you from any potential risk of infection.



Step 1
The knee is cleaned prior to the Arthrosamid® injection.



Step 2
The injection of Arthrosamid® is performed with the help of ultrasound.



Step 3
Arthrosamid® is injected using a needle.



Step 4
The needle is removed and a plaster is placed over the injection site.

What should I expect immediately after the procedure?

- Following the procedure, you may be allowed to leave immediately, or you may wish to rest until you feel ready to go.
- Your knee may start to feel uncomfortable as the anaesthetic wears off, but many patients do not report any discomfort.
- If you do feel discomfort, symptoms may include mild to moderate pain and/or swelling at the injection site. If your knee becomes red, hot, largely swollen or more painful, you should contact the injecting physician immediately for treatment.
- You should continue your regular medication and pain killers as normal.
- Arthrosamid® may feel like a different sensation to other injections that you have previously experienced as it is more viscous than other injectable treatments.



When will I begin to feel less pain?

You are likely to feel some pain relief within 24 hours; however, it can take 4 to 12 weeks to feel the maximum benefit. Clinical data shows that most patients start to feel an effect within a few weeks.¹

When can I go back to normal activity?

You should avoid any strenuous weight-bearing activities (e.g. running, tennis or long walks) during the first few days after your injection. Your doctor will be able to advise you on how to slowly introduce more activity.

Do I need to tell any healthcare providers about my treatment?

If in the future you require a major surgical or dental procedure, you should tell your treating physician that you have an Arthroamid[®] implant in your knee to ensure an accurate medical assessment.

How long will the treatment last?

The hydrogel making up the injection will not degrade, and therefore will provide long-lasting relief. So far, patients have reported a significant reduction in their pain 4 weeks after their injection, and the level of reduction was maintained at the 1 year follow up period.⁵

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1. Bliddal H, Overgaard A, Hartkopp A, Beier J, Conaghan PG, et al. (2021) Polyacrylamide Hydrogel Injection for Knee Osteoarthritis: A 6 Months Prospective Study. *J Orthop Res Ther* 6: 1188.

2. Christensen, L., Daugaard, S., 2016. Histological Appearance of the Synovial Membrane after Treatment of Knee Osteoarthritis with Polyacrylamide Gel Injections: A Case Report. *Journal of Arthritis* 5, 217.

3. Tnibar, A., Schougaard, H., Camitz, L., Rasmussen, J., Koene, M., Jahn, W., Markussen, B., 2015. An international multi-centre prospective study on the efficacy of an intraarticular polyacrylamide hydrogel in horses with osteoarthritis: a 24 months follow-up. *Acta veterinaria Scandinavica* 57, 20.

4. Goldman, D.T., Piechowiak, R., Nissman, D., Bagla, S., Isaacson, A., 2018. Current Concepts and Future Directions of Minimally Invasive Treatment for Knee Pain. *Current rheumatology reports* 20, 54.

5. Bliddal H, Overgaard A, Hartkopp A, Beier J, Conaghan PG, et al., 2021. Polyacrylamide Hydrogel Injection for Knee Osteoarthritis: Results of a 52 Week Prospective Study. Poster presented at OARSI Connect 2021.