

Where I can have the injection?

You can have the injection in any synovial joint. The most common ones that we can treat are the knee, ankle and big toe joint.

What are the side effects?

As Ostenil® and Ostenil® Plus contain naturally occurring sugars there have been no serious side effects found. Also, as the injection contains no animal proteins it means it is very unlikely to cause an allergic reaction.

Side effects that may occur include:

- Infection at the injection site
- Reaction to the local anaesthetic (if given)
- Post op injection pain, which may last for a day or two.

How much does it cost?

Ostenil single = £290

Ostenil plus £390

Course of 3 Ostenil Injections = £590

Ostenil Tendon = £390

How do I hear more about the clinic?

There are lots of ways for you to keep in touch with all of upcoming news at the practice:

- You can follow us on our social media channels: Walsh Podiatry
- You can subscribe to our newsletter at www.walshpodiatry.co.uk
- You can read our blog at www.walshpodiatry.co.uk/blog

How do I book an appointment?

You can book an appointment:

- By phone: 0121 749 6313
- In person: 329 Chester Road, B36 0JG
- Online: <https://walshpodiatry.co.uk/book-online>



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Ostenil®,
Ostenil® Plus and
Ostenil® Tendon

What happens in osteoarthritis?

Osteoarthritis is caused by wear and tear. Synovial joints (like our knees, hips and ankles) contain a capsule of liquid called synovial fluid. The most important component of synovial fluid is hyaluronic acid (a naturally occurring sugar found in the body). Over our lives the hyaluronic acid found in our joints is constantly broken down and then produced.



In osteoarthritis, this balance is disturbed and the breakdown occurs more quickly than it is produced. This causes the synovial fluid to become watery so it stops working properly. The changes in the synovial fluid can lead to wear and tear on the cartilage and cause it to wear away or even disappear entirely. These changes lead to the symptoms of arthritis which can include pain, stiffness and swelling.

What is Ostenil® Plus?

Ostenil® and Ostenil® Plus is a solution containing hyaluronic acid. The hyaluronic acid used is very pure and has a sugar called Mannitol added to it. This sugar allows the hyaluronic acid to work for longer and more efficiently. We use the Ostenil® Plus injection in the knee and the Ostenil® injection on all other sites.



How does it work?

It is injected directly into the space in the joint that contains the synovial fluid and works by restoring the normal balance between the breakdown and production of hyaluronic acid. By doing this it can decrease pain and stiffness, and improve the other symptoms of osteoarthritis.

What is Ostenil® Tendon?

Ostenil® Tendon is a similar product to Ostenil® and Ostenil® Plus however instead of containing hyaluronic acid it contains sodium hyaluronate. This is a naturally occurring product found in connective tissue in our body. It is designed to be injected into a tendon or area of soft tissue instead of a joint. It helps to improve soft tissue strength and speed up tendon repair.



Does it hurt?

A local anaesthetic can be injected beforehand to make the Ostenil® Plus or Ostenil® injection more comfortable if you would like.

How long does it last?

The improvement in your symptoms is likely to last for several months depending on the progression of the osteoarthritis in the joint being treated.