

LESOC

London Elite Sports and Orthopaedic Clinic

DUROLANE PATIENT INFORMATION

What is Durolane?

Durolane is a hyaluronic acid injection designed to reduce the effects of osteoarthritis. Hyaluronic acid is a sugar molecule found naturally in the human body that lubricates joints and allows it to move smoothly and freely.

Why have I been recommended to have Durolane?

You may have osteoarthritis or similar degenerative or trauma-induced symptoms that have caused wear and tear or inefficient movement of your knee joint. The aim of Durolane is not only to increase lubrication within the knee joint but also to facilitate rehabilitative activities such as physiotherapy or prolotherapy.

What will I need to do before the appointment?

If you are insured, you will need to contact your insurer and obtain authorisation for a W9030 procedure as well as authorisation for a Durolane prescription supplied by Dr Adejuwon. If you are self-pay, please contact us for a quote.

What should I bring with me?

Please wear something that will allow us to access, assess, and inject your knee easily. Above-knee shorts are ideal.

Will I need help getting home?

There should be no immediate post-procedure complications and you should be able to go home by yourself, although chaperones are welcome.

Do I need to be careful following the injection?

It is recommended that you avoid strenuous activity for up to 48 hours following the injection, but you should be able to carry out regular activities immediately.

How soon after the injection should I feel an improvement?

For the first week or so, it is usual to feel a little uncomfortable in the knee as the injection wears in. If symptoms persist beyond a week, please contact us for advice.

How long will the injection last?

This varies from person to person. Durolane can effectively relieve pain for around six months; up to a year in some cases. We are carrying out our own patient survey to ensure that this remains an effective product.

I am a vegetarian/vegan. Can I use Durolane?

Durolane does not contain any animal products.