

Osmic acid Joint injection (Chemical Synovectomy)

Rheumatology

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

Introduction

This leaflet is intended for patients who are due to have an injection of Osmic acid into their joint. This information will help you understand what to expect during and after the injection.

What is Osmic acid used for?

Osmic acid is a chemical that, when injected into a joint (usually the knee), is used to remove excess joint lining which has been damaged (chemical synovectomy).

Who do we use it for?

Patients with long-standing, painful joint swelling, not helped by repeated steroid injections or other anti-inflammatory medications, will benefit from Osmic acid injection. It has been used for over 40 years.

Consent

We must seek your consent for any procedure or treatment beforehand. Your doctor will explain the risks, benefits, and alternatives where relevant before they ask for your consent. If you are unsure about any aspect of the procedure or treatment proposed, please do not hesitate to ask for more information.

What are the benefits of chemical synovectomy?

Where other treatments such as repeated steroid injections into the knee joint have not worked, injections of Osmic acid can give good pain relief, reduce swelling and increase movement of the joint in two out of three patients for at least a year. In half of the patients, the beneficial effects can last up to three years.

What are the side effects?

Pain after the injection is common but is reduced by rest and the steroid injection and regular painkillers for a couple of days. Some patients may experience swelling of the joint or a mild fever. We may have to then take the fluid out of the joint and give another steroid injection. The urine may change colour for a few days in some patients. There is a small risk of bleeding or infection of the joint, as there would be for any joint injection. Very rarely, a skin burn or fistula (tract) could form at the site of injection.

What are the alternatives to Osmic acid injection?

Radioactive Yttrium-90: A radioactive substance called Yttrium-90 is used to remove the damaged joint lining (radiation synovectomy).

Surgery: In some cases, open or keyhole surgery is needed to remove the damaged joint lining which is done under a general anaesthetic.

What does the procedure involve?

The procedure is done in the Rheumatology Day Unit with special precautions. After cleaning the skin with antiseptic and local anaesthetic injection, any fluid in the knee is taken out. The joint is then injected with local anaesthetic and then Osmic acid, followed by a steroid. A local dressing is applied, and the knee is placed in a resting splint after the procedure. You will be given painkillers.

What happens after the procedure?

You will be discharged the same day after observation with the splint and painkillers. You are advised to rest the injected joint for a couple of days. You are not advised to drive home and need to arrange transport.

What shall I do if I need advice?

If you are worried about any symptoms after the injection, you contact the Rheumatology Patient advice Line on 01902 695491 – Option 2.

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。