London Cartilage Clinic

PATIENT AFTERCARE · TREATED JOINT

Arthrosamid aftercare

Keep this with your clinic letter. It covers care of the treated joint in the weeks after your injection. Personalised instructions take priority.

Activity and recovery

Walking aids or supports, such as crutches or a brace, are not required unless specified by the clinical team.

NEXT DAY

Care for the injection site

You may remove the dressing the following day. Keep the site clean and dry, and avoid soaking it in a bath, pool or hot tub for 48 hours.

DAYS 1–3

Rest and protect the treatment

Be as lazy as possible — only light, necessary activity is acceptable. Ice for 10–15 minutes several times a day, through a cloth, and elevate the joint when resting to help reduce swelling.

WEEKS 1–2

Keep joint activity at about 50%

Aim for about half your usual activity involving the joint. For a treated knee, short, light walks are generally fine. Avoid long walks, impact activity and targeted leg exercises.

WEEKS 3–6

Return towards normal gradually

Increase duration, distance and intensity in stages. A temporary increase in inflammation, discomfort, stiffness or clicking can occur as activity rises. If this happens, reduce activity briefly and build back more slowly.

TREATED JOINT

Around 6 hours

The local anaesthetic will wear off in around 6 hours. Mild soreness, swelling or stiffness afterwards is normal. Ice, elevation and the pain relief discussed with your clinical team can help if needed.

How it works over time

Arthrosamid is designed to work long-term. Improvement may be noticeable after **6 weeks**, with peak benefit typically starting around **3 months**.

INJECTION SITE

What to expect

Swelling at the injection site is expected, along with mild tenderness, bruising or a small amount of spotting on the dressing initially. Avoid massage or deep heat on the joint for one week.

WHEN TO CONTACT US

Expected symptoms should gradually settle. Contact the clinic if pain, swelling or redness in the joint becomes severely limiting, bleeding or discharge continues, you develop a fever, or you have any concerns.

FOLLOW-UP · 6 WEEKS · FREE

Telephone review with the clinical team to assess your activity levels and advise on next steps.

12 MONTHS

MRI to assess cartilage regeneration and joint condition, reviewed at a follow-up with Professor Lee.

Formal follow-ups with Professor Lee are also arranged in between, as required. Your personalised plan takes priority. This guide does not replace the advice in your clinic letter.

CLINIC
66 Harley Street, London W1G 7HD

CONTACT
0330 043 2571 · info@londoncartilage.com

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