

Frequently Asked Questions Cingal for Knee Osteoarthritis

Single injection treatment to help relieve knee pain

Answers to the most common questions people ask about Cingal

? What is Cingal?

Cingal is an injection used to help relieve pain and stiffness caused by osteoarthritis in the knee.

It combines two treatments into one injection:

- Hyaluronic acid, which helps the joint move more smoothly
- A corticosteroid, which helps reduce inflammation and pain quickly

? Who might Cingal be suitable for?

Cingal may be an option if you:

- Have mild to moderate knee osteoarthritis
- Still have knee pain despite exercise or pain relief medicines
- Want a treatment given in one clinic visit
- Are looking to stay active or delay more invasive treatments

Your doctor can help decide if Cingal is right for you.

? How does Cingal work?

Healthy knee joints contain hyaluronic acid, which helps cushion and lubricate the joint and movement. With osteoarthritis, this natural cushioning is reduced.

Cingal works by:

- Helping the knee move more smoothly
- Reducing irritation inside the joint

This makes your knee feel less painful during everyday activities.

? How is the knee injection given?

- The injection is given directly into the knee joint
- It is carried out by a trained healthcare professional
- The procedure usually takes just a few minutes

You may feel brief pressure or mild discomfort during the injection.

? When will I feel relief?

- Some people feel improvement within a few days
- Others notice gradual improvement over 1–2 weeks

? How long can the effects last?

In clinical studies, many patients experienced pain relief through six months after a single injection.

? Is Cingal safe?

Cingal has been studied in clinical trials and has a good safety profile. Both ingredients have been used in joint treatments for many years.

? Are there any side effects?

Side effects are usually mild and temporary and may include:

- Knee pain or stiffness
- Swelling or warmth around the knee
- Mild redness or discomfort at the injection site

Contact your doctor if symptoms persist or concern you.

? What should I do after the injection?

Your doctor may advise you to:

- Avoid strenuous activity for a short time
- Gradually return to normal movement
- Follow any personalised aftercare advice

Gentle movement is often encouraged.

? Where can I find more information?

Your doctor is the best source of advice about Cingal and whether it is suitable for you. Full details are available in the Instructions for Use supplied with the treatment.