

In order to get maximum benefit from your injection;-

- Rest the injection limb as much as possible for 24 hours after the injection. You may need to take time off work, this will depend on the type of job you do – your consultant will advise.
- You may need to take occasional pain relieving medication e.g. Paracetamol, or anti-inflammatory tablets.
- You may need to elevate or apply ice to the joint.
- You may drive a car.
- Remove the dressing in 24 hours, you may then bathe and shower as normal.
- Avoid excessive activity for a further 2 weeks.

Joint Injection as an Out-patient Procedure

Orthopaedic Information Leaflet

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PL/00293/MI/Joint Injection As An Out-Patient Procedure **Do Not Copy.**
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This leaflet provides some information about joint injections. Please take this home for further referral. Your consultant has prescribed this treatment to meet your individual needs. Please raise any concerns or questions you have and we will endeavour to answer them.

The benefits of a joint injection

The purpose of administering an injection is to reduce pain, inflammation and swelling in the joint and soft tissues. The aim is to help you move the joint more easily and comfortably. The injection contains corticosteroid and often local anaesthetic which numbs the area for a short time.

Treatment

A thin needle is inserted into the joint. Then the steroid and local anaesthetic are injected. If you have too much fluid in your joint making it feel tight and uncomfortable, your consultant may draw the fluid out with a syringe before injecting the steroid and local anaesthetic into the joint. This is known as a joint aspiration.

Effectiveness

It often takes several days before any improvement is noticed. Depending on your exact diagnosis, the effects of the injection may be temporary or long lasting or can fail to bring any pain relief at all.

The risks of a joint injection

Joint injections are commonly performed and are generally safe procedures. Adverse reactions and side effects are rare; some patients experience quite a painful reaction after the injection lasting two - four days, this will normally settle with paracetamol or your normal painkillers.

- Bleeding around the injection site which normally settles within 24 hours.
- Nerve damage is rare
- Steroid flare which normally lasts for a day or two
- You may also experience facial flushing, this usually subsides within a couple of days.
- Patients with diabetes should monitor their blood sugar as this could rise. Adjustment of diet or medication may be necessary.
- Women may experience some

irregularity of their menstrual cycle after the injection, sometimes some slight vaginal bleeding even after the menopause.

- Occasionally, patients may see thinning or loss of colour of the skin at the injection site.

Very rarely, an injected joint can become infected, however, if you do experience excessive pain, swelling or you become unwell with a temperature, contact your doctor or the clinic immediately.



ORTHOPAEDIC HELPLINE

0151 604 7600

Monday to Friday

9am to 4pm