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Joint Injection As An Out-Patient Procedure

Information
for
Patients

Orthopaedic Clinic

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Having an injection into the joint.

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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 a joint injection is to reduce pain, inflammation and swelling. The aim is to help you move the joint more easily and comfortably.

Treatment

Your consultant may inject local anaesthetic into the joint at the same time as steroid medication. Local anaesthetic blocks the way your nerves carry pain signals to the brain, therefore it should provide instant pain relief, which normally wears off within an hour or two. It may take a few days until you feel the benefit of your steroid injection.

Effectiveness

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 a 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. However, if you do experience excessive pain, swelling or you become unwell with a temperature, contact your doctor or the clinic immediately.

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In order to get maximum benefit from your injection;-

- Rest the joint for a day. 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 elastoplast in 24 hours, you may then bathe and shower as normal.

