

## Joint Injection

### What is it?

A joint injection means injecting medicine directly into the joint. The injection can help find out the source of pain, as well as relieve pain. It is not a cure but can help you through an intense pain period. Deformity, arthritis or injury to the joint can cause joint pain.

### How is it done?

You will be positioned on a table. Your skin will be cleansed with an antiseptic solution and then numbed with a local anesthetic. You may feel a sting for a few seconds. The doctor may use X-ray guidance to direct a small needle into the joint. Contrast dye is then injected to confirm placement of the needle. A mixture of anesthetic and anti-inflammatory medicine is then injected into the joint.

**Before your procedure, please tell your doctor if you have any allergies or take any blood thinning medication.**

### Common side effects

- Post injection flares (joint swelling and pain) for several hours after the injection
- Numbness or weakness on the side of the injection for a few hours

### Rare but possible side effects

- Infection (temperature, redness, swelling, drainage)
- Allergic reactions to the medicines
- Whitening of the skin around the injection site
- Rupture of the tendon in the path of the injection

### Call us:

- If you have excessive or abnormal bleeding, persistent chills, or fever over 100° F
- If there is a major change in the pattern or level of your pain

### Discharge instructions

- Please keep a record of how long your pain relief lasts.
- If you are given steroids, they will take effect in 24 to 48 hours (peak effect in about 5 to 7 days).
- You might notice more tenderness at the injection site. You may use ice for 15 minutes on and 60 minutes off.
- You can remove the bandage later in the day. A small bruise at the site is normal for 1 to 2 days.
- Walk with help as long as numbness, weakness or drowsiness is present.
- Follow your doctor's instructions on going back to work. Often patients return to work the same or next day.
- You may bathe or shower the day after your procedure.
- If a steroid was used and you are diabetic, your blood glucose may increase for several days. Call your primary doctor if the blood sugar levels concern you.
- Take your medicines as usual. **Check with your pain doctor if you had stopped your blood thinning medicine.**

**In case of emergency, call your doctor. If you cannot reach a doctor, go to the nearest Emergency Room and ask them to call your doctor.**