

# FACT SHEET:

## Joint Injection

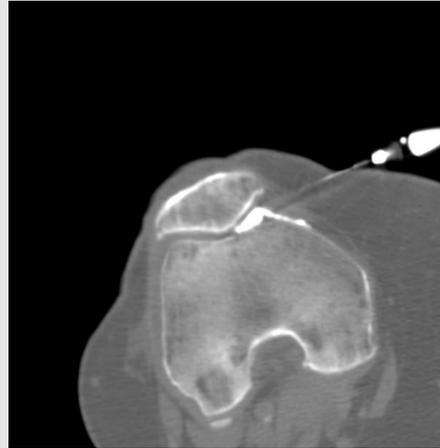
### What is a Joint Injection?

The aim of a joint injection is to inject corticosteroid and/or local anaesthetic medication into a joint or soft tissue next to a joint to reduce the inflammation and provide pain relief. The injection is most often guided by Ultrasound control; however other imaging modalities can also be used. Joint Injections are performed to confirm that the joint or bursa is the site of pain and to reduce the synovial inflammation to reduce the pain.

### Preparation for the procedure

It may be best to wear comfortable clothing with easy access to the joint being injected, otherwise you will be changed into a gown. Please bring to the practice any prior scans (x-rays, ultrasounds, CT, or MRI's) and reports as these will assist the Radiologist in assessing your condition.

Please tell the staff or Radiologist if you have any allergies, and if you are on any blood thinning medications.



*CT scan of shoulder joint injection*

### What are the risks and complications?

The risks of this procedure are rare, however they may include:

- Infection is a rare but potentially serious complication for any injection into a joint. Most infections take at least 1-2 days to show up, so pain at the injection site after 48 hours is considered to be due to an infection until proven otherwise. Antibiotics may be required.
- Allergic reaction any of the substances used during the procedure such as cortisone, dressing, local anaesthetic or antiseptic may cause an allergic reaction.

### During the procedure

The exact technique varies depending on the joint to be injected and the Radiologist who performs the injection.

Generally a preliminary scan will be performed to locate the exact point to be injected. The skin will be cleaned with an antiseptic solution to prevent infection.

A needle will then be placed into the joint, using the CT scanner for guidance. A mixture of cortisone and local anaesthetic will then be injected into the joint or bursa. A small simple dressing (Band-aid) will be applied to the area.



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### After the procedure

The joint should feel better as a result of the local anaesthetic.

The anaesthetic will wear off after a few hours. You may experience increased soreness in the joint than before the injection. This soreness may last for 2-3 days post procedure, simple paracetamol can help relieve this. This should not be confused with a potential infection, if the joint becomes extremely painful, red, swollen, or tender this may indicate an infection, please contact your referring Doctor if this is the case. The steroid will usually start to take affect between 2-3 days post injection.

### Follow up

A follow up appointment with your referring doctor or health care provider is recommended to discuss your results of the procedure. We recommend you do this approximately 3 weeks following the procedure.

The Radiologist conducting the injection will send your referring doctor a report.

