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Day Surgery

Sanderson Suite

01744 646089

01744 646098

Joint Injections

Patient Information Leaflet

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Produced by Sanderson Suite

St Helens hospital
Marshalls Cross Road
St Helens WA9 3DA

Advice for patients having an injection into a joint

Today you have been given an injection of steroid and local anaesthetic which can reduce pain and inflammation in your joint. This is generally a safe treatment to ease your symptoms, but not everyone will benefit from this treatment.

Please read this leaflet carefully and ask us about anything you are not sure of

To get the maximum effect from this treatment it is important that you:

- Rest the injected joint for **24** hours, moving gently to help the drugs get around the joint and avoid any continuous movements.
- Keep the plaster on for **24** hours to prevent any infection entering the injection site.
- Avoid anything that makes the pain in your joint worse and gradually get back to normal activities.

Stop if this causes too much pain

- Facial flushing can occur but usually disappears after **48** hours.
- Pain is common after the injection for up to **2-3** days. You may take your normal painkillers to ease this.

- A small number of people can be sensitive to the drugs used. This can make the joint feel painful and hot. This can be eased by ice packs or frozen peas (wrapped in a tea towel to prevent burns) for **10/15** minutes.

If the pain remains severe or you begin to shiver and feel hot contact us immediately or your own doctor as you may be getting an infection that needs antibiotics

DO NOT PUT ICE ON AT THIS POINT

- Exercise is an important part of treatment to prevent muscle wasting but try to get a balance between rest and exercise.

If you need any further advice please contact Sanderson Suite