

Further Information

www.patient.co.uk

Information fact sheets on health and disease

www.nhsdirect.nhs.uk

Online health encyclopaedia

Contact Numbers

Sanderson Suite 01744 646089 or 01744 646098

If you require urgent medical advice that is not an emergency, you can access the NHS 111 service. Either by calling 111 or via the internet.

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

St Helens Hospital
Marshall Cross Road,
St Helens, Merseyside, WA9 3DA
Telephone: 01744 26633

 /sthknhs  @sthk.nhs
www.sthk.nhs.uk

Joint Aspiration Patient Information Leaflet

This leaflet can be made available
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.

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Advice for patients having a joint aspiration on Sanderson Suite

A needle is inserted into the knee joint under sterile conditions and fluid from the knee will be sent to laboratory for culture and histology.

You may be sent an out-patients appointment if required.

How long does a knee aspiration take?

- A knee aspiration can take 5 to 10 minutes.

What happens after the aspiration?

- We advise you to rest for 30 minutes after the aspiration to make sure you feel well before mobilising. Clinicians generally suggest that you rest at home with your knee elevated for about 24 hours. You will probably feel moderate pain, but it usually goes away within 24 hours and you may be able to resume moderate activities the next day. You can usually remove the bandage / dressing the day after aspiration.
- Your clinician may give you additional special instructions if indicated.

What are the possible side effects?

The following, although rare, can occur after a joint aspiration:

Infection:

- If the joint becomes red, warm or tender, or if you develop a fever in the first few days after the procedure, please see attend your nearest walk in or urgent care centre.
- If you require urgent medical advice that is not an emergency, please contact NHS Direct on 111.
- If a large amount of fluid was drained from your joint, it is possible for the fluid to come back again. In this case, the procedure may need repeating.

Post aspiration pain:

The aspiration can cause a flare of pain in a small number of patients.

This should resolve with cold, heat or simple painkillers but do not exceed the recommended dose.