

Joint Injection Procedure

What is a Joint Injection?

A joint injection is a procedure used to help diagnose and/or treat joint pain and inflammation. The injection may contain a local anesthetic (freezing medication), a corticosteroid (anti-inflammatory medication), or both. Common joints injected include the shoulder, knee and hip.

Before Your Procedure

Preparing for Your Appointment

- Eat and drink normally unless instructed otherwise.
- Take your regular medications unless advised by your healthcare provider.
- Inform staff if you:
 - Have any allergies, especially to medications, latex, or contrast dye.
 - Are taking blood thinners (e.g., warfarin, apixaban, rivaroxaban).
 - Have diabetes.
 - Have an active infection or are feeling unwell.
 - May be pregnant.

What to Bring

- Your Health Card
- The steroid injection that you have picked up from the pharmacy.
- A list of your current medications.
- Comfortable clothing that allows easy access to the affected joint.

During Your Procedure

What to Expect

- The procedure is typically completed in 10–20 minutes.
- You will be positioned on an examination table.
- The skin over the joint will be cleaned with an antiseptic solution.
- Imaging guidance will be used to accurately place the needle.
- A needle will be inserted into the joint space.
- You may feel:
 - Pain or discomfort.
 - Pain and burning from the local anesthetic.
 - Pain in the joint during injection.
- The procedure is performed using sterile techniques to minimize the risk of infection.

After Your Procedure

Immediately After

- You may experience temporary numbness or weakness if local anesthetic was used.
- Mild soreness at the injection site is common for 24 – 48 hours.
- Some patients experience increased discomfort for a day or two before improvement begins.

Activity

- Avoid strenuous activity involving the treated joint for 24–48 hours.

- Resume normal daily activities after 24 hours.
- Follow any specific instructions provided by your physician.

Pain Relief

- Apply ice to the injection site for 10–15 minutes at a time if needed.
- Continue taking prescribed medications unless otherwise directed.

When Will it Work?

- Local anesthetic may provide immediate but temporary relief.
- Steroid medication may take several days to two weeks to provide its full effect.
- In some cases, the steroid does not provide relief.

Possible Side Effects

Common:

- Temporary soreness at the injection site.
- Facial flushing.
- Temporary increase in blood sugar levels for up to 4 days (particularly in patients with diabetes).

Uncommon:

- Infection.
- Bleeding or bruising.
- Allergic reaction.
- Temporary worsening of pain.
- Nerve Injury

When to Seek Medical Attention

Contact your healthcare provider or seek urgent medical care if you experience:

- Fever or chills.
- Increasing redness, warmth, or swelling at the injection site.
- Severe or worsening pain.
- Drainage from the injection site.
- Any signs of an allergic reaction, such as difficulty breathing or significant swelling.

Questions?

If you have questions about your procedure, please contact your referring healthcare provider or the imaging department at the Hanover & District Hospital 519 364 2340 ext. 223.