

Intra-articular or soft tissue injections

Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language, please telephone the PALS desk on 01271 314090.

What are the injections for?

Joint injections are often beneficial in reducing both inflammation and pain.

The joint injection you have had contains a small amount of steroid and some local anaesthetic.

The steroid will help to reduce the inflammation in your joint.

The anaesthetic helps to relieve some of the initial discomfort, but will wear off within an hour of the injection.

Because the injections contain a steroid, they are used with caution. The decision to inject your joint will depend on the kind of problems you are having.

What can I expect after the injection?

The joint sometimes becomes uncomfortable once the anaesthetic has worn off. This can last up to 48 hours. During this period, you may take your usual pain relief plus Paracetamol if needed. If you are already taking a non-steroidal anti-inflammatory, Paracetamol may be all that is required.

You may experience some flushing of your face. This is normal and will wear off.

What should I do afterwards?

You should rest the affected joint for up to 48 hours. Once the resting period is over, it is important to carry out a range of exercises. These will improve the range of movements for that joint. We will give you an exercise sheet for shoulder/knee exercises.

Possible complications

There is a very small risk of infection after a joint injection.

If after 48 hours, the joint becomes:

- hot
- red
- swollen
- painful

Please arrange to see your GP or contact the Rheumatology Specialist Nurse.

Repeated injections into the same joint can cause changes to the skin tissue and weakness in the surrounding tissues. However this is rare.

These risks are balanced against the possibility of joint damage caused by untreated inflammation.

Further information

If you have any concerns or queries about your joint injection, please contact:

Rheumatology Specialist Nurse
Tel. 01271 322359/311874

If she is unavailable, then please contact your GP.

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email ndht.pals@nhs.net. You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

Have your say

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

'Care Opinion' comments forms are on all wards or online at www.careopinion.org.uk.

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