

JOINT INJECTION OR SOFT TISSUE CORTISONE INJECTION

BEFORE PROCEDURE

There is no specific preparation and you may eat and drink as normal before the procedure. If you take Warfarin or other blood thinning agents please discuss this with me prior to the procedure.

PROCEDURE

Some procedures will be performed in the office and the injection will take only seconds and discomfort is brief.

Sometimes the procedure may be performed through use of ultrasound or CT guidance. This helps to deliver the drug directly to the affected area and alleviate symptoms of pain and inflammation. The procedure takes about 10-15 minutes and will be performed in the ultrasound or CT room. The area will be cleaned with antiseptic solution and using a thin needle the area will be injected with the aid of ultrasound or CT to ensure the needle is perfectly positioned. You may feel some localised pressure or discomfort during the injection.



What is a joint injection or soft tissue cortisone injection?

A joint, soft tissue or bursal injection is a very common procedure. This is used for treating the inflammation in certain conditions. The procedure involves injection of cortisone mixed with local anaesthetic into and around the relevant area. This may be soft tissue, a bursa (sac of fluid near a joint), shoulder tendonitis, chronic groin strain, rheumatoid arthritis, plantar fasciitis or osteoarthritis of the small spinal joints.

The benefits of this minor procedure include **reduction in pain, speeding of healing and reduction of local inflammation**. Almost always it is part of a rehabilitation program and combined with other forms of treatment – exercises, physiotherapy, oral medication and progressive return to activity. The medication lasts for up to 8 weeks and may need to be repeated.

AFTER PROCEDURE

Afterwards because of the local anaesthetic it will feel numb and pain free for a period of hours however, full pain relief effect may take a few days to develop. **You should not vigorously exercise, work or go to physiotherapy until the doctor says it is okay.** Some people experience a dull ache in the region for a day afterwards and I recommend some Panadeine and / or Celebrex.

Risks and side effects:

- Complications are generally uncommon during these procedures.
- Pain, bruising, temporary numbness, tingling or discomfort at the injection site.
- Infection is very rare. This may involve redness or swelling and increasing pain. This risk is higher in people with diabetes or impaired immunity (due to medications that suppress the immune system). You should discuss this with me prior to procedure.



IMPORTANT

If you develop a temperature, feel sick and / or get very severe pain within days, in the region I have injected, then you should contact my office immediately.

For more information www.rehabfitness.com.au

Call (07) 3393 2001