

A GUIDE TO SOFT TISSUE AND JOINT INJECTIONS

Why do I need an injection?

An injection is often used to help joint pain and swelling that has not responded to simple anti-inflammatory medications, or for treating tendon problems that are painful or clicking.

What is injected?

A steroid injection involves the use of a corticosteroid drug which helps to reduce inflammation and pain within the joint or soft tissue. This is often mixed with a local anaesthetic to further reduce pain associated with your condition.

How is it done?

The area to be injected will be cleaned with antiseptic. The doctor or Orthopaedic Practitioner will then inject the joint or soft tissue. A plaster is placed over the injection site to keep it clean. This can be removed the following day.

What can I expect afterwards?

It is common for there to be some pain in the area for up to 3 days after the injection, but you can expect the injection to start working over the first few days and continue to work for a few months. Unfortunately, not all injections are effective, so it may be appropriate for you to have another injection or to try alternative treatments.

It is often recommended that the area of injection is rested as much as possible for the first 1-2 days but this will depend on your condition.

Are there any risks or side effects?

Side effects are unlikely but occasionally some people notice a flare in their joint pain in the first 24 hours after an injection, which settles within 2-3 days. Extremely rarely, an infection might be introduced at the time of the injection. **If the joint becomes more painful and hot, you should see your doctor as soon as possible.** Occasionally, there may be some thinning or change in skin colour at the injection site. Although rare, other effects may include change in mood, facial flushing and changes to menstrual cycle. If you have any concerns please talk to your doctor.

Can I take other medicines along with the steroid injections?

You may take other medicines with local steroid injections. However, you are less likely to be offered an injection if you are taking Warfarin.