

Information for patients receiving intra-articular injection

1. What is it ?

It is a technique of injecting a mixture of two medicines, a local anaesthetic and a steroid in the space between two bones of a joint. **The injection can not be given in a bone which is a common fearful notion in people's mind.**

2. Why this injection is given

The injection is given to control or reduce the pain and swelling in or around a joint, muscle or tendon. The medicines of the injection works only in the area around the injection without spreading into the rest of the body, therefore minimising side effects.

3. What are the conditions where this injection is given

The injection is provided in any arthritic condition of joints except septic conditions, pain and swelling of muscle tendon units due to overuse or friction on bony surfaces, and sometimes as an aid to locate or diagnose a painful spot in the body.

4. How many injections are necessary

Normally 3-4 injections are given at about 2-3 months interval after which your doctor will decide if you need any further

5. Where will it be done

The injection will be given from the outpatient department by your doctor under adequate aseptic precautions and you will be going home immediately afterwards.

6. What you can expect after the injection

The local area of injection will be slightly painful for 2-3 days after which the arthritic pain will slowly reduce over 2-3 weeks. Most of the patients begin to feel the improvement within a week. You will be given adequate pain killer tablets to cover for the initial 1 week after injection.

7. How are the results

About 70% people will get adequate symptom relief for 2-3 months, so that major operations can be delayed for sometimes. However you must understand that these injections do not offer permanent cure in all conditions. You are welcome to discuss details about results in your conditions directly with your doctor.

8. What are the side effects or complications

Normally there is no major side effect for the injections as they are given to work in the local area only. However sometimes there is allergic reaction to the local anaesthetic component, there might be change of colour of the skin and rarely (1-2%) the injection might cause infection or late rupture of tendons.



If you face any difficulty after getting an injection please do not hesitate to contact us immediately at 8972176765.