

Joint and Soft Tissue Injections

Patient Information Leaflet

1. Why did I have an injection?

Injections are given to reduce pain, reduce swelling and inflammation, and to restore movement. The actual contents of an injection depend upon the individual condition. Local anaesthetics may be given to reduce pain (for example - lidocaine). Corticosteroid is given to reduce swelling and inflammation. You will be given more detailed information about the medications you have had.

2. What was my condition?

3. What medications did I have? (Name/ Date)

4. What should I do after my injection?

You must follow the advice given to maximize the benefit of the injection. After an injection we recommend that you;

- Keep moving but move slowly.
- Try to avoid driving for 2-5 days.
- Following a shoulder, arm or hand injection, avoid lifting, pushing, pulling anything more than a light weight for the next 2 weeks.
- Following an injection in the leg, avoid running, excessive stair climbing, pushing heavy weights with your legs for the next 2 weeks.
- Avoid all activities involving fast movements for at least 2 weeks.

5. What should I expect after my injection?

The aim of the injection is to reduce pain and improve movement. However, there are side effects associated with all medicines. You will be given a Patient information Leaflet about the medication you have had that provides more information about the medication and side effects. Please read this leaflet and if you have any questions or concerns please discuss this with your doctor, pharmacist or physiotherapist.

6. Is a follow-up appointment required?

Yes No

7. Are there any side-effects to the injection?

The following are side-effects you need to be aware of:

Allergic reaction (anaphylactic shock)

This is extremely rare but is a medical emergency and is associated with difficulty breathing (and other symptoms). It is most likely to happen-in the first 15 minutes after an injection (usually involving analgesic) but can happen up to 6 hours after the procedure. For this reason, you will need to remain in the clinic / reception for 15 minutes after the injection. If you have any difficulty breathing or any unusual symptoms you must tell us immediately. If a reaction happens after you have left you must seek medical help immediately. Treatment involves another injection and this must be administered quickly. However, please be assured this is extremely rare.

Facial Flushing

This happens to about 5% i.e. 1 in 20 people and involves circulation changes and the face becoming redder. This usually resolves within a day but may last up to 2 days. If it is not resolving please contact your doctor or physiotherapist.



Post-injection pain

You may experience an increase in pain a few hours after your injection that can last a few days. You should take what you normally take for pain or discuss this with your doctor or pharmacist. If the soreness continues you must see your doctor, pharmacist or a physiotherapist.

Infection

An infection is also an extremely rare occurrence and may happen after any injection. If the area injected becomes red, swollen, hot, painful you must see your doctor or attend A&E (Accident and Emergency) immediately. You may feel unwell and have a temperature. Take action immediately. Take this brochure with you to the doctor, as the injection you have had and the date of the procedure is documented.


Menstrual disturbances

Following an injection some women may have missed period(s) or menstrual disturbances. If this does occur it normally settles quickly.

8. What if my injection doesn't work?

Research evidence supports the injection you have received and most people feel the procedures help. Sometimes a course of injections are required. For health reasons there is an upper limit to the number of injections a person should have in any given time, and, not everyone benefits. Your doctor or physiotherapist will discuss alternative ways to manage your symptoms if you don't benefit as expected from the injection(s).

If you have any questions or anything you would like to talk about regarding the injection you have had or something related to your condition, please discuss this with your Advance Practice Physiotherapist.



We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Clinician, Clinic Manager on duty. If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

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We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.



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اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براؤ کم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

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यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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