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**neurosciencegroup**

## Your Guide to Joint Injections

### What is a Joint Injection?

A Joint Injection is a procedure in which a small needle is inserted into the affected joint and injected with medication to aid in the relief of pain.

### How can a Joint Injection help me?

A Joint Injection can be an effective nonsurgical treatment by reducing the inflammation in the joint to help ease your pain. This type of injection most often helps manage pain caused by arthritis, tendonitis, and bursitis.

### Will I have immediate relief after my Joint Injection?

A Joint Injection typically does not have an immediate effect. Full effect of a joint injection is usually felt within 5-10 days.

### How do I prepare for my Joint Injection?

Ensure your doctor knows if:

You are taking Coumadin or any other blood thinners: *Plavix, Aspirin, Eliquis, Excedrin, fish oil, etc.*

You are taking steroids and or antibiotics.

You have liver or kidney disease: *chronic kidney disease, cirrhosis, etc.*

You have the following implantable devices: *medication pump, pacemaker, defibrillator, or stimulator.*

You have any allergies: *steroids, anesthetic, iodine, adhesive, contrast, shellfish.*

You have any questions regarding your medication.

You have had or are planning to have a vaccine within 2 weeks of your procedure.

**\*\*Please call to cancel your appointment if you have a fever, the flu, covid, or any other infection\*\***

### What can I do the day of my Joint Injection?

- You may eat and drink normally; there is no need to fast.
- Take your normal medication on the day of your test, unless otherwise instructed.
- You will need to shower with antibacterial soap the day before and the day of your procedure.
- Do not apply lotions, creams, gels, ointments, or medicated patches.
- Wear loose fitting clothes including elastic waistband pants/shorts and a loose-fitting shirt.
- Do not plan any strenuous activity the day of your procedure.
- **Bring someone with you who can remain on campus to drive you home.**  
(The length of the procedure itself is approximately 20 minutes).

## **What can I expect during the procedure?**

You will need to be able to get yourself up onto the procedure table.

You may be positioned on your stomach or back for the duration of the test.

The area of the injection site will be cleansed with an antiseptic solution.

Your skin may be numbed with a local anesthetic.

A small needle will be placed using fluoroscopy (x-ray) guidance into the joint.

The steroid medication will be injected, and you may feel some pressure.

The doctor will inject the medication slowly in order to decrease your discomfort.

Once the medication is injected, the needle is removed, your joint will be cleaned off, a band aid will be applied, and the procedure is complete.

## **What happens after my Joint Injection?**

- You will spend about 10 minutes in the recovery room reviewing post-procedure instructions with the nurse prior to discharging. You may require a longer stay in recovery if additional monitoring is necessary.
- You will receive a pain diary after your procedure. **This will need to be filled out by you and you will need to call Neuroscience Group two weeks after your procedure to update us on the pain numbers you logged. Please do not lose or misplace your diary.**
- You may experience warmth, numbness, tingling, heaviness, or weakness to the area for up to 8 hours after your procedure.
- You will NOT be able to drive or operate heavy machinery for 8 hours after your procedure.
- If you are diabetic, you will notice a temporary increase in your blood sugars for up to a week.
- You can shower after your procedure. However, NO SOAKING in tub, hot tub, pool, etc. for 24 hours.
- You will need to refrain from strenuous activity for the remainder of the day.
- You may return to work the following day.

**Questions about your Joint Injection procedure?  
Call Heather, our Physiatry Nurse Navigator, 920-725-9373**