

STERIOD INJECTIONS IN KNEE JOINT-PATIENT INFORMATION

Injecting your knee joint with a steroid fluid or “cortisone” to reduce the pain and inflammation that you may have experienced. Please note that not everyone will have a lasting response following the injection. However, many patients experience significant decreased swelling, decreased pain, increased range of motion, and improved function.

The injection consists of two medications: Cortisone (a steroid) and Lignocaine or Marcaine (a numbing agent).

Before the procedure

Please come with a responsible adult. Do tell the doctor if you are pregnant; are on medications such as warfarin, clopidogrel; documented allergies. The doctor will explain to you about the treatment and get a consent.

During the procedure

The knee will be cleaned with some antiseptic solution and the injection will be done with a fine needle. It takes only 5 to 10 minutes to perform the procedure.

What can I expect after the injection?

The joint sometimes becomes uncomfortable once the anaesthetic has worn off. This can last up to 48 hours. During this period, you may take your usual pain relief medications. It may take few days before you appreciate the actual benefit.

What should I do afterwards?

It is advisable not to drive soon after injection. Please come with an adult who can drive you home after the injection. You should rest the affected joint for up to 24 hours. Once the resting period is over, it is important to carry out a range of exercises. These will improve the range of movements for that joint. We will give you information on knee exercise.

Are there any risks?

There is a very small risk of infection after a joint injection. If after 48 hours, the joint becomes hot, red, swollen, and painful please arrange to see your GP or attend Accident and Emergency department. Repeated injections into the same joint can cause changes to the skin tissue and weakness in the surrounding tissues. However, this is rare. These risks are balanced against the degree of pain.