

Soft Tissue or Joint Injection

Why do I need an Injection?

Injections are given to reduce inflammation, swelling and pain within a joint, or soft tissues near a joint.

What is in the Injection?

The injection usually comprises of 2 ingredients:

- Local anaesthetic, which is used to diminish pain.
- Slow release steroid, which is an anti-inflammatory medication to reduce swelling.

What are the side effects?

Most Common:

- Post injection flare – you may experience a temporary worsening of pain and sometimes there is a little swelling and local heat.
- Facial flushing – reddening of the face may very occasionally occur, but this usually only lasts 24-48 hrs and is not uncomfortable.
- Skin changes – slight discolouration due to depigmentation. Thinning of the skin can occasionally occur locally at the site of injection.

Very rare:

- Infection – If you develop heat, swelling or pain that does not settle, or you feel unwell with a high temperature contact your GP or hospital.
- Diabetes – if you are a diabetic, you may experience transient upset of your glucose control, so it is important to monitor your sugar levels for up to 2 weeks after your injection.
- Tendon rupture – this is very rare as a result of your injection.
- Allergy – can occur within minutes of the injection and we have full medical facilities to hand.

SEEK ADVICE IF YOU ARE AT ALL CONCERNED

After the Injection

You should avoid vigorous activity for 48 hours and modify activities for up to two weeks to allow the medication to take effect.

A few patients report increased stiffness and pain for 24-48 hours, but this settles quickly.

The small plaster dressing can be removed after 24 hours.

Repeat Injections

If the injection has worked, they can be repeated every 3-4 months, a general rule of thumb, is 3 injections a year into a joint. There is a small risk of frequent injections causing cartilage damage, especially in weight bearing joints such as the knee.

If your joint becomes red, hot, swollen and very painful or you become unwell with a temperature contact your GP or Consultant