

Imaging Therapeutic Joint Injection

A joint injection or shot is done to treat chronic pain and inflammation. Before the procedure, tell your doctor if you have any allergies or are taking any blood thinners.

For this procedure, you will lie on an X-ray table. The area to be injected will be washed with a germ-killing soap, which will feel cold. Then the area will be numbed with numbing medicine (you will feel a pin prick and slight burning). Using X-ray, the doctor will inject contrast into the joint space to check placement and then inject the medicine. You may feel pressure and some discomfort.

After the procedure, you will be watched for about 5 minutes. The affected area may feel numb, tingly or warm. The medicine will take 24 to 48 hours to begin to work. The peak effect will be in 3 to 5 days.

After the injection you will be given a log to keep track of your pain. You will need to track **how much pain relief** you have and **how long** you felt the relief. Your provider will ask you for this information at the follow up visit.

Activity:

- You may return to your normal activity as instructed by the provider who ordered the injection.
- Walk with help if you have numbness or weakness.
- Follow your provider's instructions about going back to work. Often patients return to work the next day.

Injection site care:

- Check your puncture site for bleeding or swelling each day. A small bruise and tenderness is normal for 1 to 2 days.
- Keep the puncture site clean and dry for 3 days.
- You may shower the day after the procedure.
- Remove the bandage after 24 hours and replace if you think it is needed.
- Do not submerge the site in water (pool, bath, or hot tub) for 7 days or until fully healed.

Medicines and pain management:

- Soreness, swelling, or bruising around the injection site is normal.
- Mild numbness, tingling, or weakness around the injection site is caused by the numbing medicine. This may last up to 24 hours.
- The injection may cause increased pain for 1 to 2 days.
- If you take aspirin or non-steroidal anti-inflammatory drugs (Motrin[®], Advil[®], ibuprofen, Naprosyn[®], Aleve[®], naproxen, Mobic[®]), you may restart them this evening.

- If you stopped taking your blood thinning medicine, check with your provider about taking this again.
- Do not use heat on the injection site for 1 day.
- You may use ice for pain. Leave on for 20 minutes, 2-3 times a day.
- If you are diabetic, your blood sugar may increase for several days. Call your primary provider if the blood sugar levels concern you.

Pain management:

- You may take Tylenol[®], or any non-aspirin containing pain medicine such as Motrin[®], ibuprofen, or Aleve[®] if approved by the provider who sent you for the test.

Call the provider who ordered the test if you have:

- A major change in your pain.
- Signs of infection at the injection site, such as increased redness or swelling, warmth, worsening pain, bleeding, or foul-smelling drainage.
- Chills or an oral temperature above 100.4 °F (38 °C).

Get care right away if:

- You are not able to walk or move your arms or legs.
- You have trouble breathing.

Additional Information

NOT SMOKING is very important to your recovery and health. If you smoke, PLEASE STOP.

Information and support to help you quit is available from your doctor, nurse, or contact Bronson Health Answers at (269) 341-7723.

For best care:

1. ALWAYS carry an updated medicine list with you.
2. Keep your primary care provider updated.
3. Use ONE pharmacy to fill your prescriptions.