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WISCONSIN SPINE AND PAIN
INTERVENTIONAL PAIN SPECIALISTS

PROCEDURE OVERVIEW

Joint Injections

Joint injections are performed to increase mobility and relieve joint pain due to injury, arthritis, or other causes. During the procedure, an anesthetic that is sometimes mixed with steroid is injected into or around the joint. Although uncommon, risks include bleeding, infection, nerve damage and allergic reaction to the medication.

PREPARATION

Getting Ready for Your Procedure

To get ready for the injection, you will need to do the following:

• Tell your doctor the medications and herbal supplements you take, be sure to include aspirin and other over the counter medications. Ask whether you should stop taking any of your medications before the procedure. Refer to the medication form available at your clinic.

• Tell your doctor if you are pregnant or if you have any allergies, especially to medications, iodine or shellfish.

• If asked, bring x-rays, MRIs or other tests with you on the day of your treatment.

The Day of the Procedure

The injection is performed in a hospital or outpatient surgery center.

• You may be examined by your physician and/or the nurses in the facility.

THE PROCEDURE

In the Procedure Room:

• You will lie on an exam table and you will be positioned appropriately.

• The skin over the injection site will be cleaned with cold soap.

• The doctor will numb the skin with a local anesthetic.

• Fluoroscopy (x-ray imaging) will be used to help your doctor see where the injection needs to go. A contrast "dye" will be injected into the region to help obtain a better image. Numbing medication and/or steroid will be injected.

POST PROCEDURE

After the Procedure

You can usually go home in about 15-30 minutes. Moving the injected joint around helps to spread out the medication, but avoid strenuous activity. You may experience some temporary numbness in the area injected.

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Ask your doctor when it is okay to return to work. This injection may provide pain relief for weeks to months. In some cases, you may need more injections to get pain relief. Your doctor will advise you when to schedule a follow-up appointment to discuss the results of your injection.