

## How do I take care of myself at home?

- **Do not** take a bath, go swimming, or use a hot tub for the next 24 hours. You may shower any time.
- Remove the bandage(s) 24 hours after the procedure or if it becomes wet (i.e., if you take a shower).
- If the injection site is painful, apply ice or a cold pack over the injection site no more than 15 minutes at a time, about two to three times each day as needed.
- You can take an anti-inflammatory such as ibuprofen, or medication that you normally take for pain.
- You may eat and drink as usual.
- Avoid strenuous activity for 24 hours.

### When to get help

Contact your primary care provider or the pain program if you have:

- fever above 38.5°C (101°F)
- any local pain, swelling, and/or redness at the injection site
- headache that does not go away

If your primary care provider is unavailable, go to the nearest emergency department.

## Locations

Royal Jubilee Hospital  
Memorial Pavilion 2<sup>nd</sup> floor  
1952 Bay Street, Victoria  
Tel: 250-519-1836

Central Island Pain Program  
Nanaimo Regional General Hospital 2nd Floor  
1200 Dufferin Crescent, Nanaimo  
Tel: 250-739-5978



# Peripheral Joint Injection

Pain Management Clinic



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## What is a peripheral joint injection?

The peripheral joints are the joints of your arms and legs (e.g., hip, knee, and shoulder).

We can treat this pain with peripheral joint injections. A peripheral joint injection is a minimally invasive procedure that delivers pain-relieving medication (steroid) directly to the joint.

We'll work with you to determine if peripheral joint injections are a good choice to manage your joint pain.

## Who does the procedure?

The physician will explain and complete the procedure, which takes about 15 minutes.

## Will I be asleep for this procedure?

- No, you are awake during the procedure.
- The physician uses local anesthetic (numbing medication) to treat the targeted area.

## Can I bring a relative/friend?

Yes, a relative or friend can stay with you before and after the procedure. However, for safety reasons they cannot be in the room with you during the procedure.

## How do I prepare for this procedure?

- Wear loose comfortable clothing that is easy to remove, if needed.
- Unless instructed otherwise, **do not** stop taking your regular medications.
- Tell the physician and nurses if you have any allergies, such as the contrast dye used for x-ray procedures or local anesthetics.

Please arrange for a responsible adult to drive or escort you home after the procedure, or else your procedure may be cancelled.

## What happens during the procedure?

- The area to be injected will be cleaned with antiseptic solution (that can be clear or pink in color).
- The physician will numb the targeted area and inject steroid medication.
- A small bandage will be placed over the injection site.

## What happens after the procedure?

We move you to a recovery area to rest for 10 minutes. We will check to make sure your muscle function and sensation are normal before you leave.

## Are there any risks or side effects?

There could be soreness or bruising at the injection site. Possible complications such as infection, bleeding, and nerve damage are uncommon.

Short-term side effects (lasting about one to three days) from injected steroid can include:

- facial flushing
- mild heart palpitations
- feeling anxious or restless
- headache
- increase in blood sugar
- increase in blood pressure

Long-term side effects from injected steroid can include:

- osteoporosis
- suppression of your immune system (delayed healing)
- fluid retention and weight gain

## How will this change my pain?

The anesthetic (numbing medication) wears off in first 24 hours after the procedure. During this time, you might notice an increase in discomfort around the joint.

Steroid medication usually starts to work within 2 to 7 days, however it can take up to 14 days to notice improvement.

The duration of pain relief depends on the person. If helpful, the injection usually lasts from a few weeks to several months.