

Outpatient Joint Injections Instructions

You may experience some mild discomfort at the puncture site. Tylenol is recommended for mild pain. Aspirin can increase the risk of bleeding.

Abnormal symptoms to report include excessive bleeding of the area injected, drainage or swelling at the puncture site, pain not relieved by medication, and fever greater than or equal to 101 degrees F. Should you experience abnormal symptoms, please contact the Radiologist at the hospital where you had the procedure.

Memorial Regional Medical Center 764-6077
Richmond Community Hospital 225-1761
St. Francis Medical Center 594-3180
St. Mary's Hospital 281-8166

If you did not have the procedure, please contact your personal physician.

A combination of medications was injected into your joint to help you.

Lidocaine may relieve pain for one hour

Sensorcaine may relieve pain the night of the procedure and the next morning, then will wear off.

Kenalog, the steroid, may take 3-5 days to begin working, and may take up to 2 weeks to be fully effective.

In two weeks, you should call the ordering physician to let him/her know how effective this procedure was in relieving your pain. If the injection does not help at all, that is extremely useful information for your physician and he/she will look for another cause of pain. They may give you additional instructions at that time. You have no restrictions or limitations after this procedure.

You can take any medicines for pain, prescription and nonprescription. This injection can complement current therapy.