

Pain Management Service

Knee Joint Injection

What is a Knee injection?

Knee injections are often recommended by your doctor for the treatment of pain and inflammation in and around the knee joint.

The pain can be due to wear and tear, injury and inflammation (tissue response to irritation).

The injection will contain a local anaesthetic with or without an anti inflammatory cortisone injection. The drug used for the injection will be discussed before you sign your consent form.

Benefits

Some patients will experience good pain relief from the procedure.

Risks

No procedure is risk free. Short term effects can include discomfort at the site of the injection once the local anaesthetic has worn off. There is a slight risk of infection. Sterile techniques are always used for any injections given, which helps to reduce this risk.

Before the procedure

- You will have the treatment as an outpatient;
- You will be given a 30 minute appointment. The injection may take five to ten minutes. You may need to rest for 20 to 30minutes after the injection;
- Please bring a list of your current medications with you;



Patient Information

- Please inform the doctor of any known allergies;
- You should take your medication as normal. If you are taking Warfarin you may be given special instructions;
- You may eat and drink as normal;
- Your doctor will discuss the procedure with you and ask you to sign a consent form;
- If there is any possibility that you may be pregnant, please inform the doctor or nurse.

The procedure

- The procedure is carried out in one of the clinic treatment rooms;
- You will be asked to sit or lie on a hospital couch;
- The doctor will clean your skin with an antiseptic solution which may feel cold;
- A local anaesthetic will be injected with a fine needle. This may sting initially before the skin goes numb. The doctor may also inject an anti inflammatory steroid drug or an alternative drug of choice at the same time;
- If a small dressing has been placed over the needle insertion site. This can be removed in the evening.

After the procedure

- After the procedure you may need to rest for 20-30 minutes;
- Please be careful when you first get off the couch – ensure you are steady on your feet;
- You are advised to avoid driving after the injection, on the day of treatment.
- The injected knee can feel uncomfortable once the local anaesthetic has worn off;
- Take your regular medication and pain killers as normal;
- If after the injection your knee becomes red, hot, swollen or more painful please arrange to see your GP;

Patient Information

- The doctor will ask you to do knee exercises after the procedure. These will help you to improve the range of movements for that joint;
- A letter will be sent to your GP.

Please ensure that you have arranged for someone to drive you home after this procedure.

Further Information

If you have any questions or would like further information, please contact the Pain Management team on 024 7696 5884.

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact the Pain Management secretaries on 024 7696 5880 and we will do our best to meet your needs.

The Trust operates a smoke free policy

To give feedback on this leaflet please email feedback@uhcw.nhs.uk

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