

Trauma and Orthopaedics

Genicular nerve injection

What causes chronic knee pain?

The knee is a complex joint made up of 3 bones:

- the femur
- the tibia
- the patella or kneecap

The knee is also made up of cartilage, ligaments, and tendons.

These structures and tissues can all contribute to you developing chronic knee pain.

Two of the most common causes of chronic knee pain are:

- osteoarthritis - also known as wear and tear or joint degeneration
- post-operative knee pain - this can happen after a total, partial or revision knee replacements

A person with chronic knee pain may stop mobilizing and may become less active. This can lead to a loss of mobility and weight gain. This then adds pressure to an already sore joint. More pressure causes more pain, which then causes less mobility.

What is a genicular nerve injection?

A genicular nerve injection is a minimally invasive procedure.

The injection contains local anaesthetic and a steroid.



Benefits of a genicular nerve injection

Your genicular nerves send pain signals from the knee to the brain.

The injection aims to stop the pain signals.

The injection should bring relief long enough to help you regain mobility, stay healthy and be more active.

Side effects

Side effects of a genicular nerve injection include:

- localised haematoma
- skin depigmentation
- stiffness
- steroid side effects
- infection
- unresolved problems
- allergic reaction
- neuro-vascular damage

What should you expect?

You will have local anaesthesia for this procedure.

Before the procedure

- **You do not need to stop taking any medication before the procedure.**
- You can eat and drink before the procedure.
- You must be in good health, have no fever and not be taking antibiotics for at least 2 weeks before the procedure.
- We will check your blood sugar level on the day if you are diabetic. Steroids may raise your blood sugar level after the procedure.
- We will check your INR level if you are on regular Warfarin as it may prolong bleeding at the injection site.

After the procedure

It is important that you follow your doctor or specialist practitioner's instructions after your procedure. Their instructions can help you recover well and achieve good results that will last a long time.

Patient Information

- **We do not recommend driving after the procedure. You should arrange for someone to drive you home.**
- You can eat and drink after the procedure.
- You must avoid heavy or strenuous activity for 48 hours after your injection. Give yourself time to rest and recover.
- You can resume your usual diet on the same day of the procedure.
- You can resume regular levels of activity the day after your procedure.
- You can treat any minor swelling with ice, elevation of the leg and painkillers if needed.

Follow-up appointment

We will arrange your follow-up appointment for you. Your appointment will be around 6-8 weeks after your procedure.

Please do not forget your pain diary.

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 01788 663548 and we will do our best to meet your needs.

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