



# EVOLVE

RESTORATIVE CENTER

## Joint Injection

### General Information

Your health care provider has determined that a joint injection would be helpful in treating your chronic pain condition. A joint is the location where bones connect, often allowing movement. Over time, the joint can develop arthritis and cause pain. Placing medication directly into the joint can help treat your pain, depending on the area of the body injected. These injections are commonly performed to treat a variety of pain syndromes, including:

- Shoulder Pain
- Hip Pain
- Knee Pain
- Back/Pelvic Pain related to the sacroiliac joint

### Procedure Information: What to Expect

Prior to the injection appointment, there may be some medications that need to be stopped and your health care provider will discuss these with you. They could include blood-thinning medications like anti-inflammatory medications (aspirin, Xarelto, Coumadin, and Plavix).

The procedure is performed in a variety of ways. It may be performed most simply by having the provider feel around the joint and identifying the joint space by touch. Joint injections may also be performed using image guidance, such as an ultrasound or fluoroscope(x-ray). The injection may be performed in the office or in a surgery center.

If the procedure is performed in a surgery center, expect to arrive at your scheduled time and check-in. Afterwards, you are brought to the pre-operative area where you will be placed in a gown. An IV may be placed in your arm at that time. Then, you will be escorted to the procedure room. You will be placed on a special table to perform the procedure. An X-ray/fluoroscope is used to see the bones to guide needle placement. After a cold, cleaning solution is placed on our skin, it is important not to touch the area once it is cleaned. You will then feel a pinch and a burn (much like a bee sting), which is the local anesthetic (numbing medicine). After that, you will feel a pressure and a poke. Once the joint space is entered, contrast dye is commonly used to ensure proper needle placement. Then, the medication is injected, which can include steroid, normal saline, and/or local anesthetic. Band-Aids are applied to the injection sites. You are then escorted to the post-operative area and then discharged to home.

**Information from You**

You will be asked to complete a Pain Journal, after the injection, to track the pain relief you experienced after the diagnostic phase of the injection, typically within the first 1-12 hours. This is performed to keep track of your progress in real time, to ensure accurate information.

**Post-Procedure Instructions**

Typical things to expect may include:

- Numbness or tingling or transient weakness in the area of pain
- Some soreness around the injection site
  - Ice may be applied
- Resume all medications as instructed by your provider
- No activity restrictions are necessary
- Keep post-operative appointment

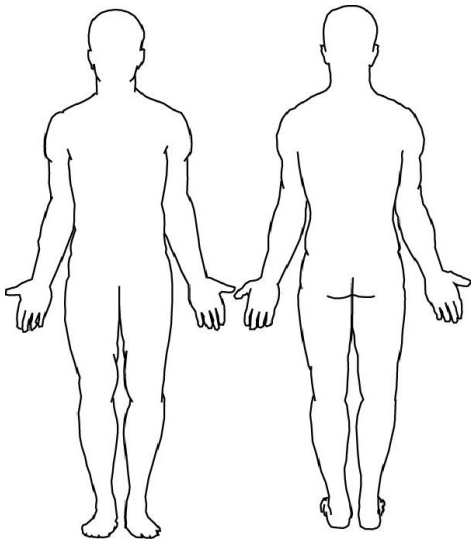
**Things to Look-out for**

Please contact our office (844) 527-7369 if you experience:

- Weakness in the arms or legs for more than 24 hours
- Redness or swelling around injection site for more than 24 hours
- Bladder or bowel accidents and/or numbness around the groin
- Fever or chills
- Any questions

**Post Procedure Pain Diary**

Please document where you are having your pain, intended for treatment, on the diagram, prior to the injection by shading in the below figure. Afterwards, please apply an X mark (X) on the intensity level of your pain, corresponding the appropriate time interval after the injection. Please bring this back to your follow-up appointment.



	<b>Pain Scale</b>	<b>Before Injection (Baseline)</b>	<b>30 min (after injection)</b>	<b>1 hr (after injection)</b>	<b>2 hr (after injection)</b>	<b>3hr (after injection)</b>	<b>4hr (after injection)</b>	<b>12 hr (after injection)</b>
<i>Worst pain</i>	<b>10</b>							
	<b>9</b>							
	<b>8</b>							
	<b>7</b>							
	<b>6</b>							
	<b>5</b>							
	<b>4</b>							
	<b>3</b>							
	<b>2</b>							
	<b>1</b>							
<i>No pain</i>	<b>0</b>							