

Intraarticular Injection in Orthopaedics

An intra-articular injection or joint injection is a procedure used in the treatment of inflammatory joint conditions such as arthritis, tendinitis, bursitis and Carpal Tunnel Syndrome to withdraw excess fluid from the joints.



1. Carry the doctor's prescription, purchase the medicine from our pharmacy and come to the procedure room in the Orthopedics department.
2. In case, you are carrying your own medicine, a consent will be taken from you, before administering the injection.
3. This is an invasive procedure that usually takes about 10 to 15 minutes. It is performed by the treating doctor with a nurse assisting at all times. You may experience slight pain / discomfort during the procedure.
4. You will be asked to sign a consent form & settled comfortably.
5. The injection site is exposed and the rest of the body is covered with a bed sheet / blanket.
6. The site is disinfected with Povidone solution & doctor administers local anesthesia via injection to numb the area.
7. Area will again be cleaned with antiseptic solution and band aid will be applied to the site and you will be asked to rest for 5 to 10 minutes.
8. Immediately post procedure, you will be asked to move the joints, as per doctor's instructions.
9. You may be advised pain killers.
10. The applied band aid may be removed after a few hours.