



## Intra Articular Injection in Orthopaedics



### Overview:

*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. The procedure may also be used to withdraw excess fluid from the joints.*

### Pre Procedure:

- You are requested to carry the doctor's prescription, purchase the medicine from our pharmacy and come to the procedure room in the Orthopedics department.
- In case, you are carrying your own medicine, a consent will be taken from you, before administering the injection.
- There are no specific instructions to be followed before the procedure.

### During Procedure:

- 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.
- You will be asked to sign a consent form.
- You are settled comfortably in an area where your privacy is respected throughout the procedure.
- The injection site is exposed and the rest of the body is covered with a bed sheet / blanket.

- The site is disinfected with Povidine solution.
- Doctor administers local anesthesia via injection to numb the area.
- Doctor administers the intra articular injection to the joint within a few minutes of giving anesthesia.
- Area will again be cleaned with antiseptic solution and band aid will be applied to the site.
- You will be asked to rest for 5 to 10 minutes.

### Post Procedure:

- Immediately post procedure, you will be asked to move the joints, as per doctor's instructions.
- You may be advised pain killers.
- There are no dietary restrictions after the procedure and you may resume normal activities.
- The applied band aid may be removed after a few hours.