

How can I help reduce healthcare associated infections?

Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitiser available at the entrance to every ward before coming in to or after leaving the ward. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitiser. Staff will let you know if this is the case.

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Side effects of Post Joint Injections

Patient Information Leaflet

If you require a translation or alternative format of this leaflet please call PALS on 01296 316042

Safe & compassionate care,

every time

Side Effects After Joint Injections

Although side effects and complications are rare, they may include the following:

- **Flare Response-** Steroids may cause pain, swelling, redness and warmth in the injected area in up to 50% of patients (occurs within first 24-48 hours).
 - Rest the joint for 1-2 days and avoid strenuous use for 5 days.
 - You may experience worsening pain during the first 24-48 hours.
 - Taking a non-steroidal anti inflammatory agent such as ibuprofen may help.
 - Paracetamol can also be taken at the same time.
 - Ice packs may help lessen the swelling at the injection site.
- **Bleeding-** Although rare, it is possible that the injection site will continue to bleed.
 - The bleeding should stop if you apply pressure on the injection site.
 - Very rarely bleeding can occur into the joint. This is more likely if you are taking anticoagulant drugs e.g. Warfarin

- **Skin Changes-** Rarely (approximately 1% of patients) the skin near the injection site may discolour, thin (atrophy) and can become photosensitive. This is more common in superficial areas and after multiple injections. E.g. skin at the shoulder joint.
- **Infection-** It is possible for the injection area to become infected. This again is rare, occurring 1 in 3000-10000 patients, but can be serious.
- If a joint becomes infected this may require surgery. Pain, swelling, heat, limitation of motion of the affected joint and fever are signs of infection. If you experience these symptoms several days after injection you should see your GP.
- Ophthalmology Treatments – before taking or receiving any steroid medication, injections, orally, drips, refer and discuss with your Ophthalmology Specialist. Steroids can adversely affect certain eye conditions.

Please be aware that the injection can reduce pain in a matter of days, but in some cases it can be expected to take up to 2 weeks.

**For any queries/concerns
please contact Radiology on 01296 316917
Monday – Friday - 09:00-17:00**

**Out of these hours please contact your GP or
attend the local Accident and Emergency.**