

STEROID INJECTION IN THE KNEE

GOALS:

A. Diagnostic

It helps clinician to confirm the diagnosis depending on ***amount and duration of relief*** you get. Doctor would typically ask you above two questions in future follow ups. Effects are unpredictable ranging from no effect to many months of complete pain relief.

B. Pain relief

HOW IS IT DONE?

After taking all sterile precautions a needle will be placed in the knee joint. Mixture of steroid and local anesthetic will be injected in the joint. Dressing will be applied afterwards. You can remove dressing after 48 hours. There will be no cuts or stitches.

RISKS:

Pain, bleeding, partial or No pain Relief, Allergies/ Anaphylaxis, ***INFECTION, steroid flare up***, Skin hypopigmentation and fat atrophy, weakening of tendons, wearing off of effect.

PRECAUTIONS TO BE TAKEN AFTER INJECTION:

1. Rest the limb and avoid any heavy activities for few days.
2. Ice the knee for 1-2 days.
3. Maintain full range of movement in the knee.
4. ***Watch for signs or symptoms of infection:*** Any redness, extreme pain, fever, feeling unwell, reduction in knee movements please seek medical attention or contact doctor.
(Early infection can be treated with antibiotics. Severe or late infections may need surgical treatment and may have long term consequences.)