



SPORTS SURGERY CLINIC

*Specialists in Joint Replacement, Spinal Surgery,
Orthopaedics and Sport Injuries*

Ultrasound Guided Injection



Information for Patients



www.sportssurgeryclinic.com

What is an ultrasound guided injection?

The ultrasound examinations are to visualise tendons, tendon sheaths or any other non-bony orthopaedic problems as this anatomy does not show up on traditional X-ray. It is a completely safe and painless way to visualise soft tissues in the body.

You may have been referred by your Consultant for an Ultrasound guided injection due to pain or inflammation of a particular area. Ultrasound is used in this case because it is the most accurate means of injecting a medication to the exact area of concern. It is used to confirm a diagnosis and at the same time pinpoint the area of interest for the injection.

Is there any necessary preparation?

Medications: It is important to make us aware of any medications you may be taking before coming in for the injection, e.g. any blood thinners such as Aspirin, Warfarin or Plavix. We will advise you if you need to cease any medications at the time of making the appointment.

What to bring: All insurance details are required on the day of your procedure as on arrival, you will be requested to fill in the appropriate insurance forms. Depending on policy type, there may be a shortfall or excess to pay on the day.

Any relevant scans should be brought for the procedure.

What to tell us: It is important to make us aware of any allergies you may have.

Women of childbearing age must inform us of any chance of pregnancy or if currently breastfeeding.

What to wear: You may wear anything you feel most comfortable in. Depending on the area to be scanned and injected, you may be asked to remove items of clothing and jewelry and put on a gown provided.

You may eat as normal, however, please do not eat a heavy meal before the procedure.

What to expect during the procedure

The Ultrasound will be carried out by a radiologist. Each patient is individual and will receive a different injection. The radiologist will provide each patient with a detailed explanation of what will happen and an informed consent will be signed only after it is agreed that you understand and are happy with the examination.

The radiologist will put a thin layer of clear gel on your skin over the area to be scanned and slide a small hand-held probe (like a large pen) over this area; this will transmit a picture onto a screen beside the bed. This is not painful, but it may be necessary to press a little harder at times to get a clearer picture.

A local anaesthetic may be injected under the skin to minimize the pain of the injection. A steroid medication, which is related to Cortisone, and a long acting local anaesthetic will follow.

Aftercare instructions

It is not unusual to feel some discomfort or pain. This may take up to 48 hours to pass. Should you experience discomfort you may take any pain-killer or anti-inflammatory medication following your doctor or pharmacist's instructions. It may take up to 3 weeks before you start to notice real relief from the injection.

Travelling: Dependant on the area injected, it is advisable to have somebody to drive you home. The local anaesthetic may cause you to feel a residual numbness. You should not drive for the remainder of the day.

Activity: Instruction should be sought from the referring doctor as to what level of activity can begin post injection.

Complications/risks: This procedure is well-established and safe when performed in a controlled setting. However, with any interventional procedure there are risks, side effects and a possibility of complications. Complications include haematoma at the site of injection, worsening of symptoms, bleeding, sleep disturbance, flushing, transient increase in blood sugars in patients with diabetes and infection.

Signs of infection include sweats, shakes and fever with possible redness and heat at the injection site and worsening of symptoms. Infection is rare, occurring in approximately 1 in 10,000 cases but can be serious and will require intense antibiotic treatment.

Should you develop symptoms which you are concerned about or you experience severe pain following an injection, please do not hesitate to contact us.



SSC Contact Details:

To ensure we deal with your query as quickly as possible please use the following numbers:

Monday to Sunday 8am to 10pm - Diagnostic Imaging:

+353 1 526 2060

All other times In patient Ward: **+353 1 526 2083**