



SPORTS SURGERY CLINIC

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

Pubic Symphysis Injection



Information for Patients



www.sportssurgeryclinic.com

What is a Pubic Symphysis Injection?

You may have been referred by your Consultant for an injection to relieve the symptoms discussed with you by your referring doctor. The site of the injection is at the pubic symphysis, a small joint at the front of the pelvis where two bones meet.

Is there any necessary preparation?

It is essential to remove any body hair around the site of the injection. This is to allow a sterile technique when performing the injection. We recommend you do this before coming in for the injection. Please refer to the diagram for the exact area for the removal of hair.

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 and/or Warfarin. 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.

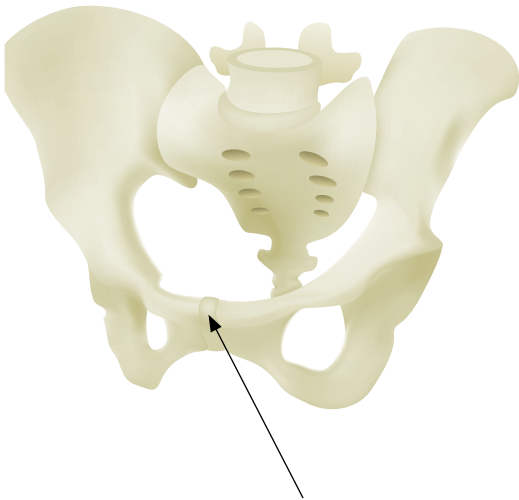
What to wear: You may wear anything you feel most comfortable in. You may be asked to remove items of clothing and put on a gown provided. You may eat as normal, however, please do not eat a heavy meal before the procedure.

What to expect during the procedure

The 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 use the fluoroscopy (X-Ray) machine to find the area of interest to be injected. A local anaesthetic will 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. You may feel a build up of pressure as the radiologist is injecting the medication. This should pass once the procedure is complete.



Pubic Symphysis inflamed

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 pharmacists instructions. It may take up to 10 days before you start to notice real relief from the injection.

Travelling: 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: Infection is a rare complication (occurring in 1 in 10,000 cases), but can be serious and will require intense antibiotic treatment.

Signs of infection: include nausea, sweats, shakes and fever with possible redness and heat at the injection site.

Should you develop symptoms which you are concerned about or you experience severe pain following an injection, please do not hesitate to contact us. The radiologist will deal with your query as quickly as possible. In the event that you need to contact us over a weekend or holiday you can contact the Doctor on the in-patient ward and he/she will address your queries and contact the Radiologist or your referring Physician if necessary.



SSC Contact Details:

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

Monday to Friday 5pm to 10pm – Diagnostic Imaging:

+353 1 526 2060

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