



SPORTS SURGERY CLINIC

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

# Image Guided Injection – Aftercare Information and Advice



## Information for Patients



[www.sportssurgeryclinic.com](http://www.sportssurgeryclinic.com)

# Potential risks during and post-procedure

The procedure you have had is well-established and safe when performed in the controlled setting provided at SSC however as with any interventional procedure there are potential risks and complications. These vary depending on your injection and will have been highlighted during the consent process. These may include but are not limited to:-

## **Pain:**

At the site of the injection/procedure or the general area. The injection is usually given with local anaesthetic, once the anaesthetic has worn off there may be some post injection pain, which usually lasts no more than 48 hours for most patients.

## **Bleeding & Bruising:**

The injection involves introducing a needle through the skin, sometimes this may cause bleeding, and if bleeding does occur bruising may follow at the site of the injection/procedure.

## **Blood Thinners:**

Some considerations may need to be made if you are on blood thinners (anticoagulants) such as Aspirin, Plavix or Warfarin, etc. However, you will be asked and advised about this at the time of booking your appointment if this applies to you.

## **Numbness:**

This can be caused by the local anaesthetic used during the injection/procedure – if this does not subside within 24 hours call us.

## **Infection:**

A rare complication (occurring in 1 in 10,000 cases), but can be serious and will require antibiotic treatment. Signs of infection do not occur immediately and can take up to 7 – 14 days to develop but should not be ignored. These signs may occur individually or collectively such as nausea, headaches, visual disturbance, sweats, shakes, general feeling of fatigue and fever with possible redness and heat at the injection site. Should you think you are experiencing an infection as a direct result of the injection/procedure please call Radiology/Diagnostic Imaging to inform them. You may require antibiotic therapy so you should get in contact with your referring Doctor or attend your GP for assessment and to obtain a prescription for antibiotic treatment. Should this occur please inform Radiology to update your records.

### **Transient Altered Blood Sugars:**

Steroid use may affect insulin control. Usually the amount of steroid administered into a joint or injection site is relatively small and is absorbed from the area into the system so slowly that diabetic control isn't affected. However, some diabetic patients who monitor their blood sugar levels may notice transient altered blood sugars for up to 7 days after the injection.

### **Facial Flushing:**

The face may become red, warm and flushed, this can occur in up to 5% of people lasting typically from 24 – 48 hours however in some patient this may last for up to 10 days.

### **Steroid Flare/Flare of symptoms:**

If this occurs it can last between 24 – 72 hours post procedure. This is as a result of a local bodily reaction to the cortisone steroid injection which may aggravate your pain/symptoms before they get better. Rest, an ice pack to the affected area and oral anti inflammatories (if required and not contraindicated) may help with this. Should this not subside within 72 hours and you are still concerned call us.

### **Injury:**

To surrounding vessels or soft tissue structures in the area of the injection.

### **Weakness/Feeling Faint:**

Usually remedied by lying down for a few moments post injection/procedure and elevating the legs. This can be related to your blood pressure.

### **Headaches:**

Should this occur stay well hydrated by increasing you intake of water and oral fluids – should this not subside with 24 hours and you are concerned call us.

### **Allergic reaction:**

This is the most serious potential side effects following an injection. It is an extremely rare occurrence but it may occur if the person is allergic to any compound of the drug that is injected. These reactions may occur individually or collectively such as skin rash or urticaria (hives), shortness of breath, chest tightness, facial/lips/tongue swelling, and throat tightening/swelling. Should you think you are experiencing any of these allergic reactions as a direct result of the injection/procedure please attend your local General Practitioner (GP) or Accident and Emergency (A&E) department for immediate treatment. Please also contact us at a suitable time to inform us of such events and to update your records.

# Aftercare and post-injection advice

## **Optimal time frames for the procedure to take full effect:**

It may take up to 3 – 4 weeks before you really start to notice relief from the injection. The purpose of the injection in the majority of cases is to reduce inflammation in the specific area and therefore reduce pain. However, please note that in some cases symptoms may not improve with steroid injection.

## **Travelling and driving:**

It is advisable to have somebody to drive you home. The local anaesthetic may cause you to feel a residual numbness and tingling sensation on the affected area/side for up to 12 hours after the procedure because of this we advise that you should not drive for the remainder of the day. You may drive the day after the procedure if you are feeling well enough to do so.

## **Activity:**

Specific instructions should be sought from your referring Doctor (or Physiotherapist) as to what level of activity can begin post injection as they are in charge of and advise on your general treatment plan. However, in general we advise that you do not do any activity that would aggravate your symptoms or the affected area for at least 7 – 10 days.

## **Medications:**

Please continue to use any of your prescribed or advised medications as you did before the procedure unless instructed otherwise. Should you experience any discomfort or pain, you may take any pain-killer or anti-inflammatory medication as advised by your Doctor or Pharmacists instructions as this will not interfere with any of the drugs/medications given during the procedure.

## SSC Contact Details - who to call and when

For any issues you have relating to your condition please contact your referring Doctor. However, if you have a concern that is directly related to your Image Guided Injection please carefully consider the above information and if required please contact us via:

**Radiology/Diagnostic Imaging: 8:00-22:30 daily**  
**+353 (1) 526 2060**

**In Patient Ward: 22:30-8:00 and Public Holidays**  
**+353 (1) 526 2089, +353 (1) 5262329**

All of this information is also available on our website via the link:  
<http://www.sportssurgeryclinic.com/services/radiology/injections/243>