

# Knee Joint

## After the procedure

Patients are advised to consider the following:

1. You will be asked to rest for 15-30 minutes. The anesthetic medication will wear off in a few hours and it's normal for you to feel pain on the injection site. Cold compressions can be applied at home for 15 minutes three times a day.
2. You may take Paracetamol (Panadol) or other medication prescribed for pain. You will feel improvement after two to five days, this is when medications are expected to take effect.
3. You will be given an appointment for follow-up.
4. Go to the Emergency Department if you experience any complications.
5. If you have any further query, please ask your doctor at the day of the procedure.



Anesthesia Department  
Chronic Pain Management Service

### Patient and Family Education

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# Knee Joint

## What is it?

The procedure involves injecting a local anesthetic and steroid medications in/ around the knee joint (nerve, tendon, bursa) to reduce inflammation or irritation. It is used either for diagnostics or therapeutic purposes.



## Procedure Overview

### Indications

The procedure is intended to provide relief to those individuals who are suffering from the following conditions:

- Degenerative changes of the joint
- Tendon tear
- Arthritis of knee Joint
- Bursitis



Normal knee joint

Knee joint with arthritis

## Before the procedure

Patients are advised to adhere to the following patient guidelines:

1. Fast for 6 hours prior to procedure.
2. Arrange for a family member/ friend to drive you home after the procedure.
3. Arrive at least 30 minutes early to avoid delays and cancellations.
4. Inform your physician about other disease conditions, medications or allergy to specific medications.
5. Inform your physician if you are pregnant.
6. Stop blood thinning medication (e.g. Plavix, Aspirin) as per your physician request.
7. Wear comfortable clothing and remove jewelries/ accessories before procedure.
8. You will be requested to wear the hospital gown.
9. An informed consent will be taken before the procedure.

10. An intravenous cannula will be inserted when needed.
11. You will be awake during the procedure and in very rare situations, sedation may be needed.

## During the procedure

Your clinical team will assist with the following:

1. Monitor your position and vital signs during the procedure.
2. Clean and drape your affected joint for procedure to reduce the risk of infection.
3. Administer local anesthesia at the site of treatment to numb the area.
4. Administer an ultrasound during the procedure.
5. Inject a local anesthetic and/ or steroids (for reducing inflammation) around the affected joint.

