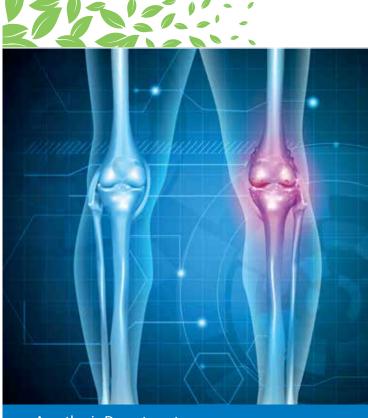
# **Knee Joint**

## 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







### 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.
- 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.

