



## **Knee Joint Injection**

### **What is a knee joint injection?**

A knee joint injection is an injection of medication that helps relieve knee pain.

It can be used to treat:

- Knee pain
- Knee arthritis

A steroid medication and local anesthetic are injected into the knee joint which can help reduce pain in that area.

### **How is a knee joint injection performed?**

This injection can be performed in two different ways:

The first way this injection may be performed is in clinic. Your physician will discuss the procedure with you and have you sign a consent form (permission slip) to perform the injection. They will then clean your knee very well using an alcohol-based solution with you in a seated position. They will then feel on the knee to find the opening to the joint (either on the inside or the outside) of the joint. They will then inject a local anesthetic (numbing medicine) into the skin to numb the area. They will then insert a needle through the numb spot into the joint and inject steroid and local anesthetic (numbing medication) into the knee joint and then remove the needle.

The second way this injection is performed is using x-ray or ultrasound guidance. You will sign the consent form (permission slip) for the procedure and then will lay on your back on the table. The doctor will numb an area of skin on either the inside or the outside of the knee with a local anesthetic (numbing medication). Then, guided by an x-ray or ultrasound, he or she will:

- Insert a needle through the numb spot until the joint is accessed
- Inject dye (with X-ray guided injection) to confirm that medication will go to the correct spot
- Inject a steroid medication with numbing medication

Usually, the procedure takes less than 30 minutes, and you can go home the same day.

### **How effective is a knee joint injection?**

Some patients report pain relief immediately after the injection, but the pain may return a few hours later as the anesthetic (numbing medicine) wears off. Longer term relief usually begins in two to three days, once the steroid begins to work.

### **What are the risks?**

The risk of complication from a knee joint is very low. However, there could be bruising or soreness at the injection site. Serious complications, including infection and bleeding, are uncommon.

### **What happens after the procedure?**

Your knee may feel numb or “different,” and you may begin to feel less pain.

You can continue your regular diet and medications immediately, but do not drive or do any rigorous activity for 24 hours after the procedure. Take it easy. You can return to your normal activities the next day. Your physician will schedule your follow up appointment.

### **Is a knee joint injection the correct treatment for you?**

Hip injection may be right for you if your joint pain has not improved after making simple lifestyle changes, such as resting the joint, using compression bands or taking anti-inflammatory medication. Talk to your physician about your symptoms and he/she will help decide what is right for you.