



Intra-articular Joint Injection

PATIENT INFORMATION & PROCEDURE GUIDE

Understanding Your Diagnosis

Chronic joint pain—whether in the **shoulder, hip, or knee**—is often the result of inflammation, osteoarthritis, or repetitive use injuries. When the cartilage in these joints wears down or the surrounding tissues become irritated, it can lead to stiffness, swelling, and a significant loss of mobility that interferes with your daily life and exercise.

The Treatment: Therapeutic Joint Injection

A joint injection is a targeted treatment designed to deliver powerful anti-inflammatory medication (typically a corticosteroid) and a local anesthetic directly into the joint capsule. By depositing the medication exactly where the inflammation is occurring, we can "reset" the joint environment, providing rapid relief and reducing the swelling that causes pain.

Our Approach: Image-Guided Accuracy

At Abilene Pain, we believe that "blind" injections lack the precision our patients deserve. As an independent, physician-led practice, Dr. Pugh utilizes Live X-Ray (Fluoroscopy) or Ultrasound guidance for all major joint injections. This ensures the medication is placed with 100% accuracy inside the joint space, maximizing your clinical outcome while minimizing discomfort.

Procedure Day Highlights:

- Guided by either **Ultrasound or Xray** to ensure perfect needle placement.
- Local numbing is used to make the procedure as comfortable as possible.
- The process is efficient, typically taking about 10–15 minutes.
- You can return home immediately following the appointment.

Benefits

- **Rapid Relief:** Reduces localized pain and "calms" the inflamed joint quickly.
- **Restored Function:** Decreases stiffness, allowing for a better range of motion.
- **Avoids Surgery:** Provides an effective non-surgical bridge to help you stay active and delay or avoid joint replacement.

Recovery

- **Initial Window:** You may feel immediate relief from the local anesthetic, which lasts for several hours.
- **The "Steroid Effect":** The long-term anti-inflammatory medication usually takes 3 to 5 days to reach its full effect.
- **Activity:** We generally recommend light activity for the first 24 hours to allow the medication to settle within the joint.

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Abilene Pain Locations

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Intra-articular Joint Injection

DISCHARGE INSTRUCTIONS

Procedure Summary: Joint Injection

You have undergone an Intra-Articular Joint Injection, a specialized procedure where medication is delivered directly into a joint space, such as the shoulder, hip, or knee, to treat inflammation and pain. By injecting a combination of local anesthetic and a powerful anti-inflammatory steroid directly into the joint, we aim to reduce swelling, improve joint lubrication, and restore your range of motion.

Activity Restrictions

- **Driving:** No driving for 24 hours if you had IV sedation.
- **Lifting:** As tolerated
- **Exercise:** As Tolerated

Wound Care

- **First 24 Hours:** Leave dressings intact
- **Showering:** Okay to shower
- **Submersion:** Permitted after 24 hours

Pain Management Expectations

- **The Flare:** It is common to experience a temporary increase in localized joint soreness for 2–5 days as the anti-inflammatory medication takes effect.
- **Management:** Use ice packs (20 min on/off) and continue baseline medications.
- **Results:** Peak relief typically occurs between 6 weeks and 3 months

Red Flags

- New or worsening leg weakness, numbness, or "foot drop."
- Sudden loss of bowel or bladder control.
- **Fever** >101.5°F, chills, or **drainage at the incision site.**
- **Severe headache** that worsens when sitting or standing.

Follow-Up Schedule

- **1 Month:** Formal functional assessment of procedural efficacy.

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