



Tendon/Bursa/Joint Corticosteroid injection sheet

Introduction :

We are providing you with important information about the joint/bursa/tendon corticosteroid injection. Please read this information sheet carefully and feel free to ask any questions or seek clarification from us.

Purpose of the Injection?

The joint/bursa/tendon corticosteroid injection is administered to reduce inflammation, alleviate pain, and improve joint function in the affected area. Corticosteroids are powerful anti-inflammatory medications that can provide temporary relief from pain and swelling associated with various conditions such as arthritis, tendonitis, bursitis, or other inflammatory joint disorders.



Injection Procedure:

Step 1 : Preparation	Your healthcare provider will prepare the injection site by cleaning the area and may use a local anaesthetic to numb the skin if necessary.
Step 2 : Injection Technique	A fine needle will be inserted into the joint, bursa, or tendon sheath using precise technique. Your healthcare provider may use imaging guidance, such as ultrasound, to ensure accurate needle placement.
Step 3 : Medication	The injected medication usually consists of a corticosteroid, such as triamcinolone or methylprednisolone, mixed with a local anaesthetic to provide immediate pain relief.
Step 4 : Post injection care	Following the injection, your healthcare provider may advise you on post-injection care, such as resting the affected area, applying ice, and limiting certain activities for a specified period.

Expected Benefits and Risks:

Expected Benefits

The corticosteroid injection aims to provide the following benefits:

- Reduction of pain and inflammation in the affected joint, bursa, or tendon.
- Improved joint function and mobility.
- Potential to delay or avoid the need for more invasive procedures, such as surgery.

Risks and Side Effects

While joint/bursa/tendon corticosteroid injections are generally safe, there are potential risks and side effects associated with the procedure. These may include:

- Temporary increase in pain or discomfort at the injection site.
- Infection, although rare, at the injection site.
- Tendon weakening or rupture, particularly if the injection is near a tendon.
- Local tissue damage or discoloration.
- Allergic reactions to the injected medication.
- Hormonal effects if multiple injections are administered over an extended period.
- Temporary increase in blood sugar levels in individuals with diabetes.

Follow-up and Monitoring:

Your healthcare provider will discuss the need for follow-up appointments to monitor your progress and determine the efficacy of the injection. Additional treatments or modifications may be recommended based on your individual response.



Important Precautions:

- a) Inform your healthcare provider about any allergies, medical conditions, or medications you are taking, including blood thinners or immune-suppressing medications.
- b) If you are pregnant, breastfeeding, or planning to become pregnant, please inform your healthcare provider beforehand.
- c) It is essential to follow any specific instructions provided by your healthcare provider regarding activity restrictions, pain management, or any other post-injection care.
- d) If you experience severe pain, unusual symptoms, or have any concerns following the injection, please contact your healthcare provider's office immediately during office hours or present to ED afterhours.

We hope this information provides you with a comprehensive understanding of the joint/bursa/tendon corticosteroid injection procedure.

If you have any questions or require further clarification, please do not hesitate to reach out to us.

Email - info@mafs.net.au

Tel - 8840-1400

Website - www.mafs.net.au