

## Day Surgery Unit

# Patient Information

The Information Standard 

# Information

If you need this information in large print, easy read, on audiotape or in another language please call 0800 7838058 or e-mail [pals@dchft.nhs.uk](mailto:pals@dchft.nhs.uk)

If you wish to obtain a list of the sources used to develop this information leaflet please call 0800 7838058 or e-mail [patient.info@dchft.nhs.uk](mailto:patient.info@dchft.nhs.uk)

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## Pain Injections

If you have an inflamed or swollen joint, or pain and swelling near a joint, a steroid preparation with local anaesthetic may be injected into the affected area to help relieve the pain. This procedure may be carried out with sedation or under general anaesthesia.

### Local and Sedation

Sedation involves remaining conscious enabling you to understand and respond to requests whilst the procedure is being carried out. However, you may not remember much about what is happening due to two factors:

- IV sedation induces a state of deep relaxation
- Drugs used for IV sedation can produce either full or partial memory loss (amnesia) which lasts for a short time. This will result in time appearing to pass more quickly

### Pain

During the procedure, the surrounding area may be numbed with local anaesthetic. The numbness usually wears off within four to eight hours. Following the procedure, you may experience some discomfort initially and for up to two weeks after the procedure. You should take some pain relief as necessary. Always follow the instructions on the side of the packet and do not exceed the recommended daily dose.

### Possible Side Effects

Side effects are rare but not uncommon. Occasionally, an increase in joint pain within twenty four hours of the procedure or a change in skin colour at the injection site is noted. Local steroid injections can sometimes cause facial flushing and interfere with the menstrual cycle or blood glucose levels.

### General Advice

It is natural to feel tired as this is your body's natural reaction to the stress of the procedure. Take it easy at first and take regular rests. Take regular short walks to help the circulation in your legs.

Sedation and general anaesthesia can temporarily affect your co-ordination and reasoning skills. You should not operate machinery, drink alcohol or sign legal documents and not drive for 24 hours following sedation or a general anaesthetic. This is a requirement of the Road Traffic Act.

## **Taking Other Medication when you have had a Steroid Injection**

You may take other medication when you have had this procedure. If you are taking anticoagulants such as Warfarin or Clopidogrel, relevant advice and information regarding recommencing your medication, will be given to you on discharge.

### **If you have any problems please contact:**

Your GP or out of hours Doctor

NHS Direct

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Dorchester Day Surgery Unit

01305 254501 (Day of surgery only)

Weymouth Day Surgery Unit

01305 762664 (Day of surgery only)

Easton Day Surgery Unit

01305 255771 (Day of surgery only)