



M.P. SHAH HOSPITAL
— A Legacy of Care —



INTRA-ARTICULAR INJECTION PATIENT GUIDE

What is an Intra-Articular Injection?

An **Intra-Articular Injection** is a treatment where medication (such as corticosteroids, hyaluronic acid, or biologics) is injected directly into a joint to relieve inflammation, reduce pain, and improve mobility. This procedure is commonly used to treat conditions such as **Rheumatoid Arthritis**, **Osteoarthritis**, and other inflammatory joint disorders.

How is an Intra-Articular Injection Administered?

At our rheumatology clinic, intra-articular injections are performed by a trained healthcare professional, usually a doctor or nurse, in a sterile environment.

Steps for Intra-Articular Injection:

> Preparation:

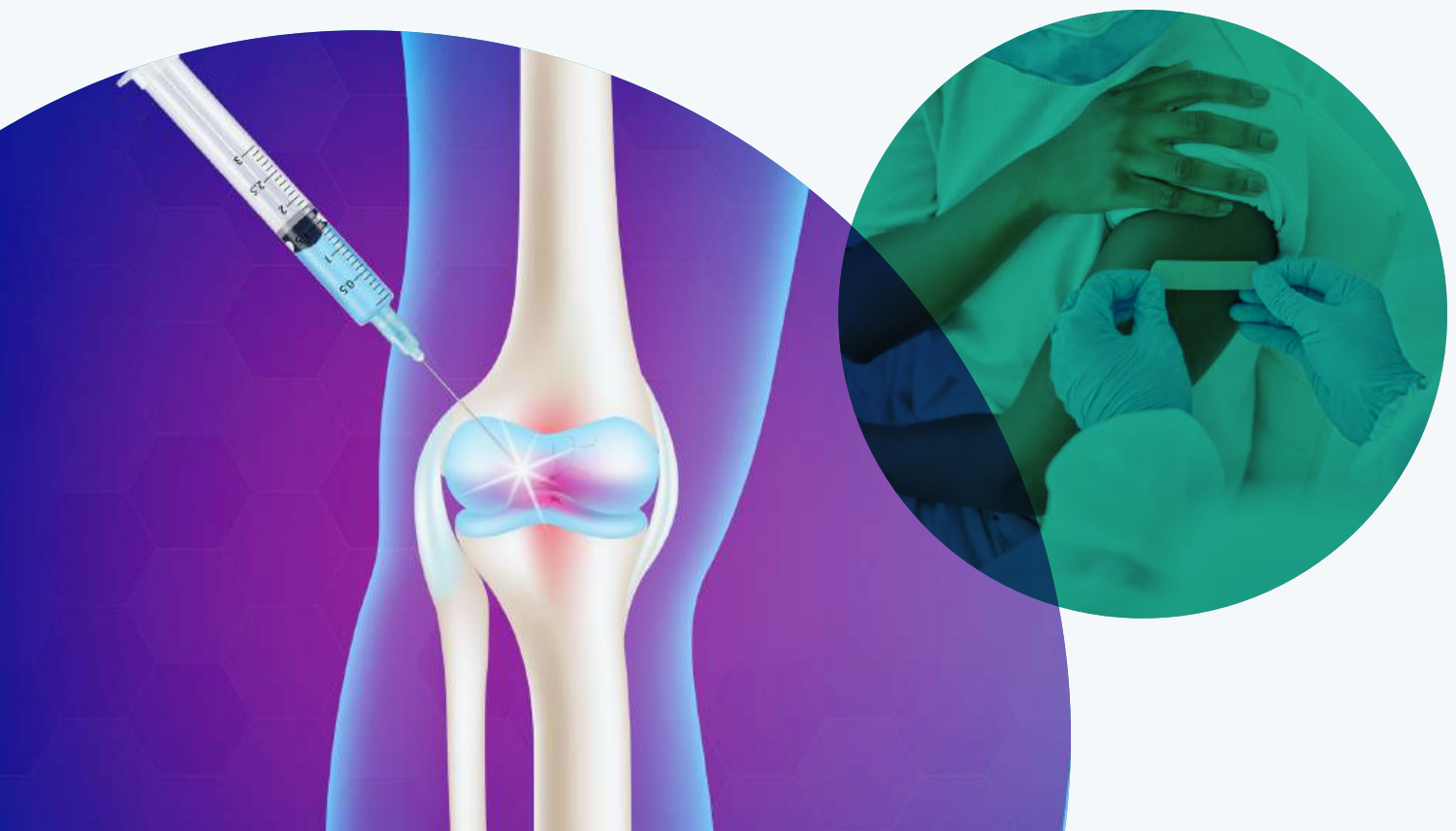
- The healthcare provider will review your medical history and discuss the treatment plan.
- The injection site (typically in the knee, shoulder, elbow, or hip) will be cleaned with an antiseptic solution to prevent infection.

> Injection Process:

- A needle will be carefully inserted into the affected joint, and the medication will be injected directly into the joint space.
- You may feel a brief pinch or pressure during the procedure, but the injection is generally quick and well-tolerated.
- The healthcare provider will monitor your comfort throughout the procedure.

> Post-Injection:

- After the injection, the area will be cleaned again, and you may be asked to rest for a short period to ensure there are no immediate reactions.
- The healthcare provider will provide specific instructions on managing the treated joint after the injection.





Common Side Effects to Watch For

Most patients experience relief from pain and inflammation after an intra-articular injection, but some may experience side effects. If you notice any of the following, please contact the clinic or your doctor immediately:

Mild Side Effects:

- **Pain or swelling** at the injection site (this usually resolves after a few days)
- **Redness** or slight warmth around the injection site
- **Temporary increase in joint pain** (known as a "flare-up"), which usually subsides within a few days

Serious Side Effects (contact your doctor immediately):

- **Signs of infection**, such as fever, chills, or worsening pain, redness, or swelling at the injection site
- **Severe joint pain** or increased swelling that doesn't improve
- **Difficulty moving the joint** or loss of range of motion
- **Signs of an allergic reaction**, including rash, itching, or trouble breathing

Frequently Asked Questions (FAQs)

1. How long will the effects of the injection last?

- The relief from an intra-articular injection can last from **a few weeks to several months**, depending on the medication used and your individual condition.

2. How often will I need intra-articular injections?

- The frequency of injections depends on your specific diagnosis and how well the joint responds to the treatment. Your rheumatologist will work with you to create a personalized treatment plan.

3. Is the injection painful?

- Most patients experience only **mild discomfort** during the procedure. A brief pinch or pressure may be felt, but it is usually quick, and the healthcare provider will aim to make the procedure as comfortable as possible.

4. Can I move the joint after the injection?

- It is generally recommended to **rest** the treated joint for **24-48 hours** following the injection to allow the medication to settle. After this period, you can resume normal activities unless advised otherwise by your doctor.

5. Are there any special precautions I need to take after the injection?

- Avoid **strenuous activities** and heavy lifting with the treated joint for at least **24-48 hours** after the injection. If you experience significant pain or swelling, contact the clinic for advice.

6. Can I continue taking my regular medications after the injection?

- You can generally continue your regular medications, but always inform your rheumatologist of any changes in your medication regimen. Your doctor may adjust certain medications based on your response to the injection.

7. Are there any risks to intra-articular injections?

- While **complications are rare**, possible risks include **infection, joint damage, and allergic reactions**. Your healthcare provider will take all necessary precautions to minimize these risks.



Important Safety Information

> **Before Receiving an Intra-Articular Injection:**

- Inform your doctor if you are allergic to any medications, especially corticosteroids, hyaluronic acid, or local anesthetics.
- Let your provider know if you have any infections or conditions that may affect healing, such as diabetes or immune system disorders.

> **Monitoring:**

- In some cases, your doctor may schedule follow-up appointments to monitor the effectiveness of the injection and ensure there are no adverse reactions.

> **Infection Prevention:**

- The procedure is done in a sterile environment to reduce the risk of infection. However, it's important to watch for signs of infection at the injection site (redness, warmth, increased swelling) and contact your doctor if these occur.



When to Contact the Rheumatology Clinic

Please contact us if you notice any of the following after your injection:

- **Signs of infection** (fever, chills, increasing pain or redness at the injection site)
- **Excessive swelling or bruising** that doesn't improve
- **Difficulty moving the joint** or sudden loss of mobility
- **Allergic reaction** (rash, itching, swelling, trouble breathing)

For any other concerns or unusual symptoms, please reach out to our clinic.



Post-Injection Care Tips

- **Rest** the joint for **24-48 hours** following the injection.
- Apply **ice** to the injection site if there is swelling or discomfort. Do not apply ice directly to the skin—use a cloth or towel as a barrier.
- Follow any additional care instructions provided by your healthcare provider.

Emergency Contact

If you experience a **severe allergic reaction** (e.g., rash, difficulty breathing), seek **emergency medical care** immediately.

For More Information or to Schedule an Appointment, Contact Our Rheumatology Clinic

Phone: 0204291762

Website: <https://mpshahhosp.org>

Clinic Hours:

Monday, Tuesday, Thursday and Friday
10am-3pm

We are here to help you manage your joint health and improve your quality of life. Please contact us if you have any questions or need assistance after your injection.

This version provides clear guidance for patients receiving intra-articular injections, with a focus on post-procedure care and potential side effects, specifically for patients in a rheumatology clinic.



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