

Instructions to Patients and Carers Following a Joint or Soft Tissue Injection

Patient Information

MSK CATS and Physiotherapy Service



The Patient Information Leaflets page on the Trust website is available on the link:
<https://www.wwl.nhs.uk/patient-information-leaflets> or scan the QR code.

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Introduction

PLEASE READ THIS LEAFLET CAREFULLY

PLEASE BRING YOUR CURRENT MEDICATION INCLUDING GLYCERYL TRINITRATE (GTN) / INHALERS WITH YOU TO YOUR APPOINTMENT.

You have been referred for a corticosteroid injection which may contain a local anesthetic. This is a generally safe procedure and is a firmly established treatment for patients with an inflammatory condition that is causing pain.

Following your injection, we ask that you wait within the department for 30 minutes prior to leaving and when possible, bring someone with you.

PLEASE NOTE THAT IF YOU ARE UNWELL, HAVE A CURRENT INFECTION / OPEN WOUND OR IF YOU HAVE HAD A VACCINATION WITHIN THE LAST 4 WEEKS YOUR APPOINTMENT WILL NEED TO BE POSTPONED.

Aims

To get the maximum effect from this treatment it is important that you:

- Fully rest for 48 hours following the injection and relatively rest the injection part for the rest of the week, just moving gently. Do not return to work for 1 week unless on light duties otherwise benefits of the injection may be limited.
- Keep the plaster on, if possible, for at least 24 hours to prevent anything entering the puncture site.

You will be reviewed approximately 1-2 months later either by a follow-up appointment or telephone call.

Benefits

The long-acting preparation can ease your symptoms, but the amount of pain-relief you get, and the duration of time is variable.

Risks

Some patients may experience the following within the first 48 hours:

- Facial flushing.
- Pain is common after the injection. It is usually short lived and resolves spontaneously within 24 to 48 hours. If you take pain-relieving medication that is suitable for you, it will reduce the discomfort.

IF YOU EXPERIENCE ANY OF THE FOLLOWING, YOU MUST CONTACT ACCIDENT AND EMERGENCY OR YOUR OWN GP IMMEDIATELY AND TELL THEM ABOUT THIS INJECTION:

- Visual disturbances, double or blurred vision, or develop any signs of infection, such as if the area becomes red, hot, or swollen and you feel unwell. You may be developing an infection that requires antibiotic treatment.

Contacts

If you require further advice, please do not hesitate to contact us on one of the following telephone numbers

Leigh Health Centre

Physiotherapy Department

Tel 0300 707 1597

Clinical Assessment and Treatment (CATS) Department

Tel 0300 707 1631

Wigan Health Centre

Physiotherapy Department

Tel 0300 707 1113

Clinical Assessment and Treatment (CATS) Department

Tel 0300 707 1112

Platt Bridge Health Centre

Physiotherapy Department

Tel 0300 707 1772

Clinical Assessment and Treatment (CATS) Department

Tel 0300 707 1422

Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

Contact Us

Tel: 01942 822376 (Monday to Friday 9am until 4pm)

The Patient Relations/PALS Manager
Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust
Royal Albert Edward Infirmary
Wigan Lane
Wigan
WN1 2NN

Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the positives and negatives of each option for me?
3. How do I get support to help me make a decision that is right for me?



How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. **Corp 006** How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover.

This leaflet is also available in audio, large print, Braille, and other languages upon request. For more information, please ask in the department/ward.

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