

About Your Injection

Ultrasound guided injections relieve acute (sudden) or chronic (ongoing) pain and treat swelling or help diagnose areas of pain.

You may have been referred for an injection to:

- provide pain relief from conditions such as arthritis or tendonitis
- remove fluid from an area near a joint or stop fluid from coming back
- manage pain before surgery
- manage your pain if you aren't able to have surgery

The injection is performed under the guidance of an ultrasound machine to allow for exact targeting of points of inflammation.

Before your injection

You will receive an email about our Study of Clinical Outcomes - Recording and Evaluation System (SCORES) asking you to complete online questionnaires before your appointment. If this is not completed online it can be completed at the clinic on the day. We would be grateful if you could do this as it allows us to audit and evaluate the effectiveness of the treatment we provide.

You do not need to do anything differently before your appointment, you can eat and drink as normal. When you arrive at the clinic you will be accompanied to the imaging department to prepare for your injection. You will need to change into a gown for your procedure.

During your injection

Your procedure will be performed by a Consultant Radiologist. The site for injection will first be examined with the ultrasound machine, then the skin will be cleaned with a cold cleaning solution. Local anaesthesia may be injected to numb the area prior to the ultrasound guided injection. When your injection has finished and the needle is removed, a small plaster is applied to the site.

After your injection

Your injection will take around 15 minutes and you will be able to leave straight away. Having had local anaesthetic administered to the injection area, most patients feel instantly better. This may last up to six hours. You may be asked to fill out a pain diary after your injection.

For how long will it be uncomfortable?

Once the anaesthetic has worn off a minority of patients may experience worsened symptoms for 24-48 hours. You may experience some discomfort in the joint for a few days and it may feel a little bruised. We normally suggest you take things gently during this time and significantly reduce activities which involve using the treated area for a few days. If symptoms become more severe than normal or you feel unwell for an extended period please contact our nursing team on +44 (0) 203 195 2442. If you require urgent medical attention or advice out of clinic hours please visit your local A&E.

Can I drive?

You are recommended not to drive for 24 hours following an ultrasound guided injection, but this can vary depending on the area injected.

Can I play sports?

You are recommended to rest the injection site for at least 48-72 hours following an ultrasound guided injection. You should avoid any strain on the affected joint or area for two weeks post injection.

Can I take pain relief?

Normal pain killers, ice or heat packs are recommended if necessary.

How long does it take to work?

The injection can reduce the pain in a matter of days, but in some cases it can be expected to take up to six weeks.

How long does it last for?

This varies greatly among patients: For some patients it will last a month, for others much longer. We cannot guarantee that the procedure will improve symptoms of pain and individual response to steroid injections does vary considerably. Depending on a patient's response repeat injections might be recommended by the referring clinician.

Are there any side effects?

Although side effects are very rare, they may include the following:

Flare response: Steroids may cause pain, swelling, redness and warmth in the injected area in up to 25% of patients. You should take a non-steroidal anti-inflammatory agent such as Ibuprofen. Paracetamol can be taken at the same time. Ice-packs may also help lessen the swelling at the injection site.

Bleeding: Although rare, it is possible that the injection site will continue to bleed. The bleeding should stop if you put pressure on the injection site. Please contact the clinic if the bleeding does not stop after one hour.

Skin changes: Very rarely (in 2-4% of patients) the skin near the injection site may discolour and can become photosensitive.

Infection: It is possible for the injected area to become infected. This is again rare (only occurring in 1/25,000 patients) but serious.

Ultrasound Guided Injections



Fortius Imaging

+44 (0) 203 195 2446

+44 (0) 203 070 0152

imaging@fortiusclinic.com

www.fortiusclinic.com

Post Injection Advice

+44 (0) 203 195 2442

opnurses@fortiusclinic.com

Monday to Friday 8.00am - 8.00pm

Saturday: 8.00am - 1.00pm (Marylebone)

If you require urgent medical attention or advice out of clinic hours please visit your local A&E.

Marylebone Clinic
17 Fitzhardinge Street
London
W1H 6EQ

City Clinic
75 King William Street
London
EC4N 7BE

Information on your
Ultrasound Guided Injection

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