

Musculoskeletal Bursal or Joint Injection

Patient Information

What is a Bursal or Joint Injection?

Joint or bursal injections are performed to relieve inflammation and pain of the affected joint or bursa. An injection of corticosteroid and local anaesthetic is used.

What to bring:

Please bring any relevant imaging scans (film packet or a CD containing X-rays, CT scans, ultrasound or MRIs etc.).

Preparation:

You may be required to have a blood test prior to your arthrocentesis to check your blood clotting levels.

Arrange for someone to take you home from your procedure.

Eating and drinking:

You may eat and drink as normal.

Medications:

Tell staff at the time of booking if you are taking any:

- Blood thinning medications (e.g., Warfarin, Xarelto, Rivaroxaban, Pradaxa, Apixaban, Eliquis),
- Antiplatelet medications (e.g., Clopidogrel, Plavix, Aspirin)

You will be informed if you need to stop taking these medications before your procedure.

Continue taking other medications as prescribed, unless directed otherwise by medical or nursing staff prior to your procedure.

Please bring a list of all your medications with you to your appointment.

Procedure:

The procedure will be performed under ultrasound or CT guidance.

Your skin will be cleaned with antiseptic wash, and local anaesthetic will be used to numb a small section of your skin over the affected joint.

A needle will be inserted through the numb patch of skin into the affected joint. Once in the correct position a corticosteroid and/or local anaesthetic will be injected. During this time, you may feel some pressure that may be slightly uncomfortable.

The needle will then be removed and a small dressing will be placed over the procedure site.

Post Procedure Care:

Generally, you will be able to go home the same day as your procedure if you have no other medical conditions or concerns that require further treatment.

You will be provided with an information sheet regarding discharge instructions upon completion of your procedure.

Results:

The results together with the procedure report will be sent to your referring doctor. Return to your doctor to discuss examination results.

Radiation Risk:

Most medical imaging tests, except MRI and ultrasound, involve exposure to radiation from X-rays. Your doctor considers that the benefits of the examination you require to be greater than the small risk posed by the radiation exposure.

Any questions please contact us.

Phone:

(03) 5667 5579

Email:

medical.imaging@gshs.com.au

Leongatha Hospital

66 Koonwarra Rd, Leongatha