



RAVALLI FAMILY MEDICINE

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JOINT INJECTION/ASPIRATION

RISKS & EXPECTATIONS: Any procedure involves some risks and hazards.

These include but are not limited to:

- Infection
- Pain
- Incomplete relief of symptoms
- Recurrence of symptoms
- Nerve irritation
- Post-injection flare, the injection may actually cause more pain in the first 24-36 hours. If pain persists past 36 hours return to clinic for evaluation of possible infection.
- Overlying skin changes such as atrophy or pigment changes.
- Rarely tendon rupture
- Temporary facial flushing

POST-PROCEDURE CARE

1. A Band-Aid or other dressing should be left on for 8-12 hours
2. It is essential that the affected area be rested. In general, activities should be limited for 2-3 days after injection.
3. If the injection causes soreness or irritation, apply ice for 15 minutes every 4 to 6 hours and take Tylenol, two 500mg tablets twice a day.
4. Return to clinic for fever, chills or any sign of infection. If the discomfort from the injection does not resolve after 36 hours you should return to the clinic as well.
5. You may bathe normally.