



## PATIENT INSTRUCTIONS FOLLOWING AN IMAGING-GUIDED THERAPEUTIC INJECTION

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Your physician has sent you for an image-guided injection. The mixture injected may consist of an anesthetic, steroid or a combination of both. The following are answers to frequently asked questions.

### WHAT CAN I EXPECT?

The anesthetic utilized to numb the skin generally wears off in 1-2 hours. Mild pain and swelling may occur at the injection site at this time. This can usually be treated with application of an ice pack and over-the-counter pain medication.

Bleeding at the site of the injection can occur, but usually subsides within a short period of time. If a Band-Aid has been placed over the site, it may be removed within 2-3 hours following the procedure. Shower is allowed but do not soak (bath) the injection site for the first 24 hours.

If a longer-acting anesthetic has been injected for diagnostic purposes, it will keep the area numb for approximately 4-5 hours. If steroid has been administered, it generally begins to have an effect 48-72 hours following the procedure. Depending on the are injected, this effect may be delayed up to 1 to 2 weeks.

Occasionally following the injection of anesthetic agent into the injection site there is temporary numbness of the extremity. This rare onset of delayed temporary extremity numbness is believed secondary to seepage of the medication from the joint into the surrounding tissues and because the femoral nerve resides in this area, there is resultant numbness. It is completely unpredictable and it is unrelated to needle placement or dose.

If you feel numbness in your leg following a hip injection, please inform the radiology staff of the situation prior to your leaving the department, so you can be evaluated and accommodations can be made so you are able to leave the hospital safely.

### WHAT CAN I DO? WHAT SHOULD I NOT DO?

While the long-acting anesthetic agent is working, the area injected will be numb. You must be particularly careful not to traumatize the area during this time. Following a steroid injection it is advisable to **limit activities for 24 to 48 hours** (unless otherwise directed). Many patients experience dramatic relief of symptoms after a therapeutic injection. This should not be an indication to resume activities previously prohibited by your physician without consultation as this may result in further injury at the site.

### WHAT ARE THE POSSIBLE COMPLICATIONS?

#### ***Infection***

Infection is a rare, but serious complication of any injection. It can take several days to develop, resulting in pain, swelling and redness at the site as well as fever and chills. If you experience these symptoms immediately contact us or your referring physician.

#### ***Bleeding***

Rarely, patients may experience continued bleeding at the site. The application of direct pressure will result in cessation of most bleeding. Uncontrollable deep or superficial bleeding should be reported.

