

## INTRA-ARTICULAR INJECTION

An intra-articular injection effectively controls pain and inflammation in the treatment of many musculoskeletal disorders.

This method involves a radiologist injecting either anti-inflammatory (cortisone-based) or lubricating (Durolane® or Synvisc®) medication into the joint. The procedure is performed with the help of X-rays (fluoroscopy), which confirm the correct intra-articular position using iodinated contrast media.

This procedure, which approximately lasts between 15 to 30 minutes, helps relieve articular or periarticular pain caused by osteoarthritis or inflammation.

### Preparation

You will need to bring recent X-rays (i.e. less than 3 months) of the joint which the injection aims to relieve. If you do not have said X-rays, we will take some on the day of your appointment.

### Medical contraindication

Pregnancy is a relative contraindication of this procedure.

Also, if you are allergic to iodine, you need to notify the radiologist in charge of performing the injection (the procedure can often be performed without iodinated contrast media).

### The intra-articular injection procedure (step by step)

- You will firstly be placed on an examination table depending on the area where the injection is to be given.
- The targeted area will be disinfected with an alcohol-based product and a sterile field will be affixed.
- The radiologist will then perform local anesthesia and proceed with an iodine contrast injection to correctly identify the position of the needle.
- Lastly, the radiologist will inject the medication and take one or more X-rays.
- Once the injection is complete, the technician will clean the area and apply a bandage before accompanying you back to the waiting room.

### The immediate effects of the procedure

The procedure is in itself painless. However, you may feel slight discomfort during the local anesthesia.

### After the procedure

We recommend that following the procedure, you wait an additional 15 minutes before you leave the premises. This is in case you experience an allergic reaction to the substances injected.

After the injection, it is possible that you will feel a pain which is greater than the pain you are used to feeling, and this, for approximately 24 to 72 hours. We suggest that you apply ice to the area for 20 minutes every 2 hours. Repeat this cycle 3 or 4 times, if necessary.