

St Luke's Radiology Oxford Ltd

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POST PROCEDURE ADVICE

- When we inject either steroid or hyaluronic acid (Ostenil) these drugs can take up to 2 weeks to work. We will not judge the outcome until a minimum of two weeks after the injection. You may need to continue with your painkilling treatment in the meantime. At the end two weeks if your pain has improved or resolved then you may diminish or stop painkilling medication.
- We will not offer further medical advice by email or telephone until a completed pain diary is returned to us after two weeks. We will send you a follow-up report after we receive the pain diary by post, fax or email. We will of course deal with any early complications.
- We use an anti-septic solution which has an orange colour in it. This is so we can be sure which areas are cleaned. This washes off in a normal bath or shower.
- After a local anaesthetic injection, the area and sometimes further down the limb will be numb for approximately 2 hours. When we have used a long acting local anaesthetic for example in spinal injections, this can last until the following morning.
- When the anaesthetic used for many injections wears off, there will be some discomfort and bruising or swelling in the affected area before the therapeutic drugs start to work.
- Please contact us or your GP if the area becomes inflamed and hot and you are worried about infection.
- We have a video on our website which gives details about the injection procedure and potential complications.
- 10% of patients who have a steroid injection may experience one or two hot flushes, have vivid dreams and sometimes have a headache in the 24 hours after the

injection. Rare symptoms can include hiccoughs and a hoarse voice. The symptoms will resolve on their own. They are minor and do not require treatment.

- Some patients will experience more pain at the site of injection within the first 72 hours following a steroid injection.
- Some patients will experience pain at the site of injection following Ostenil (Sodium Hyaluronic Acid) injection for approximately 48 hours.
- For a short time after some injections, the pain relief may place you at increased risk of damaging tendons. If this is likely to happen, you will have been informed by the radiologist of this risk and you will be advised to modify your activity and perhaps wear a supportive splint which we will provide on the day of the injection. This advice does not apply to injections of the upper limb or spine.
- On the day after the procedure you may feel more tired than normal because of the stress involved in attending for a procedure that you have not experienced before.
- We advise you should take particular care on the day of the injection if you undertake activities that might put you at risk if you were to stumble or hesitate. This includes driving. The day after the procedure there should be no restrictions.
- If you need a rehabilitation programme after the injection, we will inform you at the time of the procedure. In general, you should avoid activities that hurt but when you obtain pain relief, gradually increase your activity over a few weeks.
- Patients with diabetes may experience high blood sugars for a short period of time after a steroid injection. This can be managed by the normal adjustments in medication required when taking a high sugar content food. This response does not occur with local anaesthetic or hyaluronic acid injections.
- Rarely female patients may experience short-term alteration in their menstrual cycle after steroid injections. Women past their menopause may experience minor breakthrough bleeding in the first few weeks after a steroid injection.
- Please ensure that you wipe off any excess ultrasound gel that has remained on your skin once you are home.