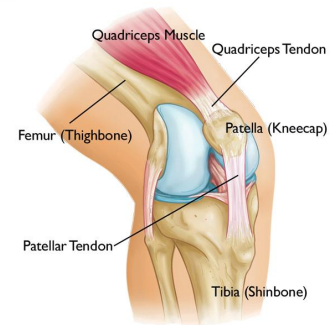
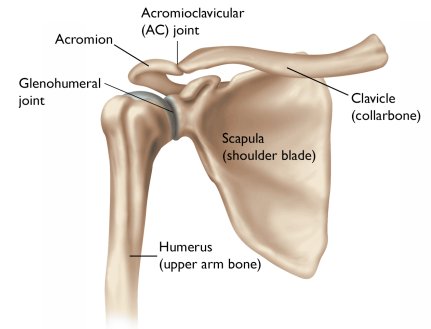


Major Joint Injection (knee, shoulder, hip) & Minor Joint Injection (elbow, wrist, ankle, toes/fingers)



What is it?

A major and minor joint injections target localized joint pain using local anesthetic and steroid medication. The procedure is both diagnostic and therapeutic.

Typical Medications used:

Lidocaine, Naropin (anesthetic) + Decadron (steroid)

During the procedure—what to expect

- You will remain awake throughout the procedure.
- Dr. Kropp will use a small needle to access the joint space (There may be some discomfort from the needle, but, for most people, this is minor.)
- Dr. Kropp checks the needle position using fluoroscopy (low res X-ray guidance).
- Contrast material may be placed into the joint space to document the needle position.
- During the injection, you may feel pressure or pain.

After the procedure—what to expect

- No driving or showering for the remainder of the day.
- Initially, you may experience numbness and/or relief from your symptoms for up to six hours after the injection.
- When the anesthetic wears off, your symptoms may begin return in part or in full. The steroids usually require three to five days to provide pain relief. Sometimes a “flare up” of symptoms may occur while waiting for the steroid to work.
- We expect you to take it easy for 7 days following your procedure, no vigorous activities or exercise.
- If there is no change in your pain symptoms after a week, Dr. Kropp may recommend conservative measures, a different procedure, updated imaging, a surgical referral, or want to investigate other possible sources for your pain. The next steps vary significantly from patient to patient.
- After your procedure, our office will print or email you a post op sheet with detailed instructions and guidelines, this will also include a follow up appointment date and time 1-2 weeks after your procedure date.

Possible side effects

- Steroid may cause facial flushing, hiccups, insomnia, headaches, water retention, increased appetite, increased heart rate, or irritability.
- These side effects occur in only about 5 percent of patients and commonly disappear within one to three days after the injection.