



Joint/Tissue Injection and/or Aspiration Educational Materials

The procedure you are about to receive will involve placing a needle into your body. You may receive a steroid and/or numbing medicine with the injection. There are risks involved with these types of procedures that include but are not limited to:

Allergic reactions, atrophy and/or depigmentation of the surrounding area, bleeding and/or bruising, infection, nerve damage, tendon rupture, change in monthly menstrual cycle, elevated blood pressure, elevated blood sugar.

Make sure you apply ice to the injection site 2-3 times for 20-30 minutes the day/evening of the injection. Use regular ice or frozen vegetables. Pre-packaged ice packs are not recommended because they may burn your skin.

Take it easy for the rest of the day. You may return to work, but be mindful if there is numbing medicine injected that you may feel pretty good. This will wear off and you may be sore or painful. Do not do any rigorous work (i.e., running if the knee was injected or lifting heavy weights if the shoulder was injected).

You may feel flushed or have hot flashes, this is a common reaction. Some people report redness of the cheeks.

Call our office, 910-790-9714 in 1 week to report the results of the injection. You simply may leave a message with the receptionist. This will allow us to know how you are doing and if the injection was helpful.

If you have any problems, concerns or questions do not hesitate to call our office 910-790-9714.

Thank you for allowing Cape Fear Sports Medicine to be part of your orthopedic needs.

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