

## Day Surgery Centre – Injection into a Joint (under general anaesthetic or sedation)

### Introduction

The injection used may include local anaesthetic and a steroid. Local anaesthetic is the drug which blocks pain for a short period of time and the steroid is the drug which can help relieve swelling, stiffness and pain by reducing any inflammation.

### Guidance for Patients

#### **Will I be in pain following the injection?**

You may have some mild discomfort at the site of the injection. Please take your pain relieving tablets.

The local anaesthetic injected works immediately but its effect usually wears off quickly.

There may be a delay before the steroid injected starts to work but its effect may last for weeks or months.

#### **Will there be any bleeding or bruising following the injection?**

The injection site may ooze a small amount of blood over the next 24 hours – do not worry. If there is a lot of bleeding or the area becomes very swollen you should seek medical advice.

A dressing will cover the site of the injection; this can be removed after 24 hours. There may be some bruising at the injection site.

#### **When can I start using the affected joint?**

You should continue to use the affected joint as normal.

#### **Will I need time off work?**

You will be advised of this at the Day Surgery Centre and a medical certificate will be supplied if requested.

#### **When can I drive?**

You must not drive for at least 24 hours after a general anaesthetic or sedation and then only if you are comfortable and feel you would be able to safely perform an emergency stop.

## My Planned Care Patient Information Platform

### Will I have an outpatient appointment?

Before leaving the Day Surgery Centre or ward a member of staff will tell you about any further appointments with the surgeon. If you do not receive confirmation of this appointment in the post please ring the call centre on - 01926 600036.

### Guidelines following a general anaesthetic / Sedation

Logical thinking and co-ordination may be disturbed due to the effects of the anaesthetic. It is **IMPORTANT** a responsible adult looks after you for at least the first 24 hours.

It is also **IMPORTANT** that you follow the guidelines below for 24 hours after your treatment.

- You must not drink alcoholic beverages
- You must not sign important documents or make important decisions
- You **must not** drive
- You should not operate any dangerous appliances or machinery

### What should I do if my health is deteriorating?

Please contact our call centre on 01926 600036

In emergencies, please contact NHS 111 for advice.

### Contact Us

**If you require further advice following your surgery please contact** the Day Surgery Centre or Greville Ward at Warwick Hospital who will be happy to help.

The Day Surgery Centre is open from Monday to Friday 8.00 am to 8.00 pm

Telephone Number – 01926 495321 ext. 4342

Greville Ward - Telephone Number - 01926 495321 ext. 6067 or 6068