

Knee Intra-articular Steroid Injection

Diagnosis: Knee degenerative joint disease/Osteoarthritis

Procedure: The patient is brought to the procedure room and placed on his/her back. The affected knee is placed in bent position and pillow placed under the knee for support. Using fluoroscopic guidance, the knee joint is visualized. The skin overlying the injection site is then cleaned with a sterilizing solution. Local anesthetic is used to numb the injection site. Then, a small needle is placed into the joint. Once the needle is thought to be in the correct position, contrast dye is injected into the joint to confirm proper placement. Upon confirmation, a combination of steroid and local anesthetic is injected into the joint. The needle is then removed. The knee is then cleaned and sterile dressing is applied. The patient is then taken to the recovery room until discharge.

Medications used: Local anesthetic, Kenalog (steroid), contrast dye

Recovery: 15 minutes with local or 30 minutes after sedation

Potential risks of Knee Intra-articular Steroid Injection are minimal and are similar to any procedure involving a needle placement. These include, but are not limited to:

- Allergic reaction to the anesthetic or contrast dye. *Be sure to inform us before the injection if you have any known allergies*
- Bleeding
- Infection
- Temporary pain at the injection site

