

## Orthopaedic Department

# Joint Injections

**Joint injections are also known as intra-articular injections.**

- The drugs used are cortico steroids which act directly on the joint.
- The injection works by reducing the inflammation and relieving the pain.
- A local anaesthetic is given at the same time and relief is felt almost immediately as it begins to take effect, but as the anaesthetic wears off (in about 2-3 hours), it is not unusual to feel more pain initially. The pain should begin to ease within about 48 hours.
- During this time you may need pain killers e.g. Paracetamol.
- Relief of symptoms varies from person to person and the effect lasts for different lengths of time.
- Following your injection you should exercise the joint and try and use it as normal.

**If you are worried please contact:**

### Treatment Room Orthopaedic Outpatients

Huddersfield Royal Infirmary Telephone No: (01484) 342559

### Opening Times

Monday - Friday  
9.00am - 4.30pm

### Out Of Hours

Accident and Emergency

Calderdale Royal Hospital Telephone No: (01422) 223842  
or

Huddersfield Royal Infirmary Telephone No: (01484) 342020

**If you have any comments about this leaflet or the service you have received you can contact :**

Nursing Staff  
Orthopaedic Department

Huddersfield Royal Infirmary  
Telephone No: (01484) 342559

[www.cht.nhs.uk](http://www.cht.nhs.uk)

**If you would like this information in another format or language contact the above.**

Potřebujete-li tyto informace v jiném formátu nebo jazyce,  
obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych  
informacji w innym formacie lub wersji językowej,  
prosimy skontaktować się z nami, korzystając z ww.  
danych kontaktowych

ਬ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਚੂਰ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,  
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو  
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

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المذكور أعلاه"