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## Knee Injection Patient Education

Southern Coast Specialists offers a variety of minimally invasive pain treatment procedures that we have perfected to help you achieve pain relief. Our treatments have been proven effective and are on the cutting edge of science related to pain reduction. Our goal is to improve every patient's overall function and thus restore a better quality of life.

### Why are Knee Injections ordered and helpful?

Knee injections are ordered for patient's who have a history of osteoarthritis or previous knee injuries. This injection is helpful because it reduces inflammation and knee pain for a brief period.

### What will happen during the procedure?

The patient will be brought back into a room to get their vitals taken and get an IV started. After this, they will be taken into the procedure room where they will be properly draped, and the area will be sanitized. The physician will then take fluoroscopic photos of the knee so he can see where he needs to target the most. The knee will then be injected with a corticosteroid.

### What should I expect after the procedure?

20-30 minutes after the procedure you will move your area of usual discomfort to try to provoke your usual pain. You may or may not feel improvement in the first few hours after the injection depending upon if the joints that were injected are your main pain source.

On the day of the injection you should not drive and should avoid any strenuous activities. On the day after the procedure you may return to your regular activities. When your pain is improved, slowly resume your regular exercise routine. Even if you are significantly improved, gradually increase your activities over 1-2 weeks to avoid recurrence of your pain.

### Things to Do Before the Procedure

- Any dietary restrictions will be discussed on the day the procedure appointment is booked.
- Take all your medications as scheduled on the day of the procedure, unless directed otherwise.
  - Think of any questions for us and write them down.
  - Make the nurses and physicians aware of any new changes in your medical condition.
- Before you come in, let us know if you are taking any blood thinners (e.g., aspirin, Coumadin, Plavix, Pletal) or anti-inflammatories.
  - Please remember to arrange for an adult to drive you home.

**If you have questions about this procedure, please see a Southern Coast Specialists representative.**

**If you are interested in learning more about our practice or treatment solutions, please visit [SCSpecialists.com](http://SCSpecialists.com).**