

## Guided Injection Instructions

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### Medications

- You can continue all of your normal medications before a guided shoulder injection.
  - If you take Coumadin (warfarin), your INR must be <3 within 5 days of the injection.
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### Day of the Procedure

- Please arrive at least 15 minutes prior to the scheduled procedure time.
  - The procedure is performed under sterile conditions to reduce infection rates
  - Superficial anesthetic is used to numb the skin and as part of the injection. **Please alert the doctor performing the procedure if you have an allergy to anesthetic medication.**
  - Once the needle has been placed, the placement may be confirmed with injection of an iodine-based contrast material. **Please notify the doctor performing the procedure if you have an allergy to contrast dye or shellfish.**
  - The injection itself contains a mixture of steroid medication (celestone, triamcinolone, depomedrol, etc.), long-acting anesthetic (marcaine or bupivacaine), and short-acting anesthetic (lidocaine). **If you have an allergy to steroid medications or anesthetic medications please notify the doctor performing the procedure.**
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### After the procedure

- Monitor your shoulder pain closely after the injection. Take note both of pain relief the day of the injection as well as in the days to weeks following an injection. Many patients find it helpful to keep a journal of their symptoms surrounding the injection.
  - After an injection, the shoulder will initially feel numb because of the local anesthetic.
  - Once this numbing medication wears off in 12-18 hours, the shoulder may feel sore and swollen. Often, the shoulder feels worse during this period than it did prior to the injection. This is normal and does not necessarily mean that the injection will not help or that it was given in the wrong location.
  - Anti-inflammatory medications such as ibuprofen can be very helpful the evening of the injection while the shoulder is sore and swollen. Ice can also be very helpful during this period. Once the fluid from the injection is absorbed, soreness and swelling will resolve.
  - The steroid takes 3-7 days to take effect. It can take up to two weeks to achieve the full effect. If your shoulder does not feel different the day after the injection, please be patient.
  - The steroid is in a crystalline, sustained-release, long-acting form that continues to release for six weeks after the injection. However, many patients experience continued pain relief for much longer because once the inflammation has been halted it may not return.
  - While there are no restrictions, use caution with heavy activity the day of the injection.
  - We do not recommend injections more than every 3 months or within 3 months of surgery.
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### Complications

- Although the injection is performed under sterile conditions, it is always possible for an infection to occur with an injection. This occurs very rarely (1/40,000). Please contact the office if you develop significant pain, swelling, redness, fevers, motion loss, or any other signs of infection.
- If you have diabetes, monitor your blood sugar levels closely after the injection. The steroids within the injection can lead to elevated sugar levels.