



IMPORTANT

Please call us at 1-866-611-2665 if you need to reschedule.

BEFORE YOUR APPOINTMENT

- If you are on anticoagulation drugs (Plavix, Coumadin, Warfarin etc.) you may need to have an international normalized ratio (INR) test and stop your medication prior to the procedure. Please inform our booking coordinators of any blood thinners you may be taking, so that they can discuss further instructions with you.
- If you take insulin to manage your diabetes, please let your booking coordinator know. You may have some juice and a small snack after taking your insulin.
- In case you have any discomfort, please have someone accompany you on the day of your test. It may be more convenient to have someone else drive you home.

DAY OF YOUR APPOINTMENT

- Please arrive 15 minutes before your appointment to allow enough time to fill out a consent form.
- Bring photo identification and your provincial health card.
- Take all prescribed medications as directed.
- Wear comfortable clothes.
- Please do not bring children who require supervision.

YOUR EXAM

DURATION: 15-20 minutes

Pain management injections allow a small dose of medication to be injected into a localized and specific area of concern while keeping potential side effects to a minimum. It can also confirm the origin of your pain - considered a “diagnostic” injection. These procedures can be used to treat joint pain or arthritis, or inflammation of a bursa or around a tendon (tenosynovitis).

- Cortisone is an anti-inflammatory medication that can be injected into joints and soft tissues under X-ray or ultrasound guidance to decrease inflammation and reduce pain. Relief may last 3-6 months and, if successful, repeat injections can be performed up to four times per year.

- Tenotomy or fasciotomy involves needle fenestration of a tendon, fascia, or other tissue, similar to acupuncture, which encourages your body to stimulate healing. A radiologist will use a small needle to gently treat the torn or inflamed area with the help of image-guided technology. This procedure is used to treat chronic tendon inflammation, local tendon tears, ligament tears, or fascia inflammation.
- Hyaluronic acid (HA) is a natural element present in joints. Injection of HA can improve mobility, acting as a natural lubricant and reducing pain. Injections are performed under X-ray guidance to ensure the solution is delivered exactly into the joint.

We use HA injections to help relieve pain from osteoarthritis or mechanical difficulties in joints. Hips, knees, and ankles are the most commonly treated, and relief can last up to 12 months. We provide all HA products (Durolane, Monovisc, Synvisc, and others) onsite to patients at cost*, including newer generation products containing a combination of HA and steroid (Cingal). A prescription is required. Your doctor may request an initial diagnostic steroid injection before HA injections (except Cingal).

*Medications are provided at cost, but prices vary depending on dosage and manufacturer. Please contact our pain management department for the most current price.

WHAT HAPPENS DURING MY PROCEDURE?

- We may provide you with a comfortable clinic gown to change into (depending on the area being treated).
- A team member will review the consent form and procedure details, and answer any questions.
- We will then escort you to our treatment suite where you will meet the radiologist who will clean the skin and inject a local anesthetic, similar to the freezing you get at the dentist.
- After the location is confirmed with X-ray or ultrasound guidance, the anti-inflammatory and long-lasting freezing will be injected using a thin, sterile needle.
- You will be assessed post-injection by our team and, if there are no concerns, you will be free to leave.

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POST-PROCEDURE INSTRUCTIONS

- First 24 hours: Keep the treatment area clean. Leave the Band-Aid on. Do not shower.
- First 48 hours: Avoid bathtubs, hot tubs, and pools. Avoid strenuous activity and lifting.
- After one week: You may resume physiotherapy. Be mindful of your pain and stop if it hurts too much. Notify your physiotherapist that you have had this injection so they can modify your exercises if necessary.
- For tenotomy: Avoid any strenuous activity for five days post-injection. A gradual return to activity is advised depending on the underlying issue. Be mindful of your pain and stop if it hurts too much. Although the procedure is gentle, it may temporarily weaken the tendon and put it at risk of rupturing. If possible, please avoid anti-inflammatory medication for two weeks (such as ibuprofen – Advil). It may interfere with the effectiveness of your procedure.
- Watch for infection: If you develop worsening pain, skin redness at the site of injection, or a temperature greater than 38.5°C, please proceed to an urgent care or emergency centre.
- If you have pain or other symptoms beyond 48 hours after your injection, please call our office at 403-568-3890 or email us at paintherapy@radiology.ca during business hours. You may apply heat and ice to the treatment area.
- Diabetics: Note that cortisone can cause a temporary increase in blood sugar. Please

monitor your blood sugar closely and, if you have any concerns, consult with your doctor.

- For HA injections: This product may take time to distribute in the joint. We encourage you to move the joint and massage the area. Rarely, patients may experience a temporary “flare” of the joint – pain and stiffness – after these injections. This typically occurs between 12-48 hours after the injection and can be managed by Tylenol or aspirin.

WHEN WILL I SEE RESULTS?

- After your injection, the freezing may last for a few hours. Your symptoms may return until the steroid takes effect in 3-7 days. Please track your symptom response to share with your physician.
- A steroid injection typically provides three months of symptom relief. If an injection does not help relieve your symptoms, then you may need further evaluation by your referring doctor for another cause of your symptoms.
- For tenotomy: We will arrange a follow-up ultrasound in six months to evaluate how the tendon is healing. Pain may increase for a few days post-injection as the body mounts an inflammatory response, but this should subside.
- Results can vary from weeks to months depending on the body part involved, severity of the disease and your symptoms. Most patients get complete relief that is permanent while, rarely, others have limited response.