

## KNEE INJECTION / ARTHROGRAM

**PROCEDURE:**

- 1)   A   knee joint steroid injection
- 2) Fluoroscopic needle guidance

**REASON FOR PROCEDURE:**   B  

**PHYSICIAN:**

**LOCAL ANESTHESIA:** 4 mL of 1% lidocaine

**MEDICATIONS INJECTED:** 1 ml of Kenalog (40 mg), and 3 mL of 1% lidocaine (per side)

**SEDATION MEDICATIONS:** None

**ESTIMATED BLOOD LOSS:** None

**COMPLICATIONS:** None

**TECHNIQUE:** Time-out was taken to identify the correct patient, procedure and side prior to starting the procedure. With the patient lying in the supine position with the knees flexed about 30 degrees, the patient was prepped and draped in the usual sterile fashion using DuraPrep and a fenestrated drape. The knee joint was determined under fluoroscopy. Local anesthetic was given by raising a skin wheal and going down to the hub of a 27-gauge 1.25-inch needle. A 22-gauge 2-inch needle was advanced under intermittent fluoroscopy. When the tip of the needle was thought to be in the appropriate position, aspiration was attempted to confirm intraarticular placement and remove excess synovial fluid. Omnipaque 240 was then injected to confirm intraarticular spread. Medication was then injected slowly.

The procedure was completed without complications and was tolerated well. The patient was monitored after the procedure. The patient (or responsible party) was given post-procedure and discharge instructions to follow at home. The patient was discharged in stable condition. A follow-up appointment was made.

**Pre-procedure pain score:** 9/10

**Post-procedure pain score:** 0/10

**Notes:** Talk about relief since last injection, or any interim events if you haven't seen them in clinic since the last injection, or improved function examples. Maybe mention a particular positioning change for that patient or that they were especially sensitive to the lidocaine sticks. Add anything that will help you on your next injection.