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## Children's Arthritis Treatment Information Steroid Joint Injection

### What is it?

A joint injection involves an injection of a steroid preparation into the joint space of the inflamed joint. This is a very powerful way of reducing inflammation, swelling and pain in the joint. This may be done under local or general anaesthetic depending on the age and ability of the child to tolerate the procedure. If a general anaesthetic is used your child may need to remain in hospital for a few hours, but as long as they have recovered sufficiently from the anaesthetic, will be able to go home the same day. As with all general anaesthetics, there is some risk associated; this will be explained to you by the anaesthetist before you sign a consent form.

### When is this treatment used?

These joint injections are often used for hot, painful, swollen joints in which the arthritis has not settled adequately. They can be used in combination with other medications or as a treatment on their own if only one or two joints are involved. Following the joint injection your child should continue to take their normal medication. A joint injection is a way of dampening down inflammation so that other medication can keep the inflamed joint under control.

### Care given after joint injection

Your child should rest the injected joint for the next 24 hours. After that your child can move as much as they like and can also begin physiotherapy exercises again.

### Are there any complications?

Subcutaneous fat atrophy (loss of fat under the skin) at the site of injection is an uncommon complication. This usually presents as a small dimple at the injection site and may resolve over time.

Infection of the injected joint - this is a very rare complication. If after the injection your child develops a very painful, swollen, hot and red joint then you should contact the Rheumatology Department, or your Doctor or Accident and Emergency.

## Rheumatology department Patient Information

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### Contact Details

If you have any further questions or need advice about your treatment phone the Rheumatology Advice line on

**01202 442849.**

[www.poole.nhs.uk/our\\_services/rheumatology.asp](http://www.poole.nhs.uk/our_services/rheumatology.asp)

For further health-related information, please contact:

**The Health Information & Resource Centre**

Poole Hospital NHS Foundation Trust

Longfleet Road

Poole

BH15 2JB

Telephone: (01202) 448003

Rheumatology Practitioners

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Rheumatology Department, Poole Hospital NHS Trust

Dr. P. Thompson, Dr. S. Richards

**We can supply this information in larger print, on audiotape, or have it translated for you. A member of staff will be happy to discuss this with you. Please call PALS on 01202 448499 or the Health Information Centre on 01202 448003 for further advice**