

After your child's steroid joint injection

Information for families and carers

We have given you this factsheet because your child has had a steroid injection into one or more of their joints (this is known as an intra-articular injection). It explains what to expect after having a steroid joint injection and when to seek medical advice. We hope it helps to answer some of the questions you may have. If you have any further questions or concerns, please contact us using the details at the end of this factsheet.

Patient sticker

To be completed by your child's medical team

Date of procedure: _____

Joints injected: _____

Rest

It's important that your child rests after the procedure. Your child can do gentle exercises and activities (if comfortable) but they should avoid anything strenuous for 24 hours after the procedure.

Pain relief

Your child should continue to take regular pain relief medication (for example, paracetamol and ibuprofen) as needed for up to 48 hours after the procedure. Always read the instructions that come with the medication before giving it to your child. After this time, you should reduce the medication until your child no longer needs it.

Last dose of paracetamol given at: _____

Last dose of ibuprofen given at: _____

Some children may experience an increase in pain after the procedure. If this is the case for your child, continue to give them pain relief medication and contact us for advice using the details at the end of this factsheet.

When to seek urgent medical advice

Call NHS **111** for urgent medical advice if your child's pain is not managed with regular pain relief medication or if they show any signs of infection, such as:

- increased heat, redness or discharge (pus) around the site of injection
- a fever (a temperature of 38°C or above)
- feeling generally unwell

In an emergency, go to your nearest emergency department or call **999** for an ambulance. Take this factsheet with you as it contains information about your child's procedure.

Follow-up care

We will arrange for your child to have a follow-up appointment in our rheumatology clinic two to three months after the procedure.

If you have not received an appointment letter, or the appointment has been booked for more than three months' time, please contact us.

Contact us

If you have any **non-urgent** questions or concerns, please contact us.

Paediatric rheumatology team

Email: PRNS@uhs.nhs.uk (8.30am to 6pm, Monday to Friday - excluding bank holidays)

If you are a patient at one of our hospitals and need this document translated, or in another format such as easy read, large print, Braille or audio, please telephone 0800 484 0135 or email patientsupporthub@uhs.nhs.uk

For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit www.uhs.nhs.uk/additionalsupport

Join our family of charity supporters with a monthly donation!
It's a wonderful way to show your ongoing support of our patients and staff.

Scan the QR code or visit southamptonhospitalscharity.org/donate



**Southampton
Hospitals
Charity**

Charity Registration Number: 1051543

