

### ***Ankle Injection in office***

<b><i>What is it?</i></b>	The ankle joint is a major joint that connects your foot to your lower leg. If this joint experiences injury, arthritis or mechanical stress, one may experience ankle pain.
<b><i>Why is it done?</i></b>	The procedure is done to relieve pain that originates (begins) in the ankle. It can help relieve the pain as well as help diagnose the cause of pain.
<b><i>How is it done?</i></b>	This will be done with you lying on your side. A topical anesthetic spray is utilized to numb your skin. A small needle is inserted into the joint space and a small amount of solution of local anesthetic (numbing medication) and a cortisone derivative (anti-inflammatory medication) are then injected into the joint. A small band aid is applied after procedure is complete and may be removed at your discretion.
<b><i>What to wear?</i></b>	Please wear loose, comfortable clothing and leave all jewelry and other valuables at home.
<b><i>How long will it take?</i></b>	Please arrive 30 minutes before your appointment time. The procedure lasts about 15.
<b><i>Can I drive home from the procedure?</i></b>	No. You must have someone drive you home.
<b><i>Can I eat before?</i></b>	Yes we encourage you to eat a normal breakfast and or lunch.
<b><i>Should I stop taking aspirin?</i></b>	No.
<b><i>Can I take my medications?</i></b>	Yes
<b><i>What are the possible side effects of steroid medication?</i></b>	Administration of steroid medication can cause side effects. They include, but not limited to: hyperglycemia (increased blood sugar), sweats, hot/cold flashes, flushing of the face, hypertension (increased blood pressure), osteoporosis, insomnia, mood swings and Cushing's Syndrome.
<b><i>Risks of this procedure include, but are not limited to:</i></b>	<ul style="list-style-type: none"> <li>* Pain in the area where the needle(s) was inserted. The pain can last for two to three days and can be treated by using ice and mild analgesics (pain medication) such as Motrin, Naprosyn or Tylenol.</li> <li>* <i>Bleeding, infection and/or bruising in the injection area. Increased pain</i></li> <li>* A reaction to the local anesthetic including but not limited to: allergic reaction to the anesthetic medication, loss of consciousness, depressed breathing and cardiac arrest requiring transport to the hospital.</li> <li>* Temporary numbness or weakness in one or both legs. This is normal.</li> <li>* Nerve damage, paralysis, stroke and even death.</li> </ul>