

Local infiltration

Introduction

You will soon be coming to Amstelland Hospital to undergo a local infiltration. This leaflet provides additional information on this treatment. Be aware that your personal situation may differ from the one described in this leaflet.

What is a local infiltration?

For a local infiltration, medication (corticosteroid) is injected via a needle into the site causing the pain and/or a PRF current is used. The goal is to reduce the pain for some time (to 'block' it, as it were). Every patient experiences a different duration of pain relief. After a local infiltration or PRF treatment, the existing pain symptoms may initially worsen. This is only temporary. The effect of the relevant treatment can usually only be assessed after six weeks. If the pain returns, the treatment can be repeated. As part of the treatment, an ultrasound machine is sometimes used to visualize the subcutaneous structures. If it is not clear which nerve is causing your pain, the treatment will be preceded by a trial treatment. Instead of medication, a local, short-acting anesthetic will be injected. After the trial treatment, a new appointment will be scheduled for the final treatment.

Important to note

Always contact (before your next treatment) the Pain Medicine Department if one of the following applies to you and you have not yet discussed this with the pain specialist.

The following information may be important for your treatment:

- *Use of blood-thinning medication*
The pain specialist will discuss with you whether, and how long in advance, you have to stop taking this medication.
- *Diabetes*
- *Allergy or hypersensitivity to iodinated contrast agents, iodine, medication or adhesive plaster.*

The day of the treatment

The treatment will be performed in the treatment rooms, location C 36. From the main entrance, follow the yellow route to the right (31 to 50). Upon arrival, you will report on time to the reception desk of the Treatment Centre. You can sit down in the waiting room. Because X-rays will be taken, anyone accompanying you may not be present during the treatment. Please count on staying at the hospital for roughly an hour. During your treatment, the person accompanying you can use the restaurant in the hall.

The treatment

You will lie down on a narrow table. Depending on the treatment site, you will lie down either on your stomach or your back. The skin will be disinfected at the injection site. Usually, an X-ray is taken. Sometimes, an ultrasound machine is employed to search for the nerve. For this procedure, you will receive a cold gel onto your skin. After the treatment, you will be taken to the Pain Medicine Department. You will

remain there for about an hour for monitoring.

Complications/side effects

The following complications or side effects may develop after a local infiltration:

- Temporary loss of strength or numbness at the site of the injection. This is due to the anesthesia, and it will wear off after a few hours.
- If a small blood vessel is hit during the insertion of the needle, bruising may appear. The bruise automatically fades, but it can cause pain.
- The blood sugar values of diabetic patients may fluctuate.

Going home

After the treatment, you may not drive by yourself on the same day. You must ensure that someone else brings you home. A plaster will be attached to the site of the needle insertion. You can remove this in the evening or on the following day. At that point, you can shower and bathe again.

Home again

After the peripheral nerve treatment, the existing pain symptoms may initially worsen. This is only temporary. You can take painkillers for this (e.g. paracetamol according to the package leaflet). The effect of the relevant treatment can usually only be assessed after six weeks. You will be consulted to schedule an appointment at the outpatient clinic to assess the treatment. However, it is quite possible for you to notice a favorable effect sooner.

Questions?

Should you still have questions after reading this leaflet, you can contact the Pain Medicine Outpatient Clinic at +31 (0)20 755 7010.

Notes on this leaflet

If any information in this leaflet is unclear or incomplete, please notify us. You can share your remarks with us via voorlichting@zha.nl.