
Informed Consent for Intra-Articular / Soft-Tissue Injections & Aspirations

Procedure Description

I voluntarily consent to have my provider perform intra-articular (joint) or soft-tissue injections and/or diagnostic aspirations (removal of fluid). The specific target joints or anatomical sites will be verified and discussed with my provider immediately before the procedure.

Proposed Substances

I understand that depending on my treatment plan, the injection may contain:

- Corticosteroids: Anti-inflammatory medications used to reduce pain and swelling.
- Local Anesthetics (e.g., Lidocaine): Used for immediate numbing at the injection site.
- Viscosupplements (e.g., Hyaluronic Acid): Lubricating fluids used primarily for joint osteoarthritis.

Material Risks & Side Effects

While these procedures are routinely performed, I acknowledge they carry inherent risks, including:

- Infection: Introduction of bacteria into the joint or tissue (septic arthritis), rare but serious.
- Steroid Flare: Temporary increase in joint pain and swelling lasting 24 to 48 hours.
- Skin Changes: Localized loss of pigment or thinning of the fat layer at the injection site.
- Systemic Effects: Temporary blood sugar elevation (critical for diabetic patients), facial flushing, or sleep disruption.
- Tissue Damage: Extremely rare damage to nearby nerves, blood vessels, cartilage, or tendons.

Post-Procedure Instructions

I agree to rest the treated joint for 24 to 48 hours and avoid strenuous or high-impact activities. I will immediately contact the clinic or seek emergency care if I experience fever over 100.4°F, chills, rapidly worsening pain, severe redness, or warm swelling at the injection site.

If I am diabetic, I agree to monitor my blood glucose closely for 3 to 5 days post-injection and follow my primary care provider's guidance for managing temporary elevations.

Acknowledgment

☐ **I have read the risks, understood the instructions, and consent to the injection procedure.**

Patient Name (Print)

Patient Signature

Date