Intra-Articular Knee Steroid Injection

**Medications: 4mL of 1% Xylocaine; 40mg of Depo-Medrol**

**Informed Consent**

Seated position. The lower extremity was placed in a free-fall, gravity-dependent position, flexed 90 degrees at the knee. The **medial arthroscopic port** was then sterilely cleansed with Betadine Hibiclens x 3. Next, using sterile technique, a 25-gauge, 1.5 inch-long needle was inserted through this port to the **articulation of the knee**. There was no fluid aspiration. The above medication solution was the gradually injected without difficulty. No paresthesias (a sensation of tingling, tickling, pricking, or burning of a person's skin) were reported by the patient. The needle was then withdrawn. The injection site was cleansed with alcohol and sterilely dressed. The patient tolerated the procedure well. There were no complications. The patient was observed for an adequate period of time postoperatively. Thorough discharge instructions and precautions were reviewed with the patient. The patient was discharged home after demonstrating the ability to ambulate, to void, and to tolerate oral liquids. The patient’s pain was well-controlled and there were no new neurological deficits. The patient was asked to contact us if any questions arose.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3953519/>