



Pain can unfortunately affect us all at some point or another. There are a multitude of causes for our pain, that could include injury or the result of our daily lifestyle. It can affect our work, mood, sleep patterns or quality of life.

Common areas of complaint include:	Shoulder	Hands	Elbow
	Neck	Foot	Hip
	Back	Ankle	Knee

At Exact Radiology Clinics we have several pain management strategies, which include the injection of different medicines, to assist in the reduction of pain. The approach that we take is dependent on your specific circumstances.

So what is Celestone (Corticosteroid)?

Cortisone is a type of steroid that is naturally produced by our body's adrenal glands. The adrenal glands release the cortisone into our bodies when the body is under stress. Injections of synthetically produced cortisone (Celestone) however can have a much longer lasting effect, in some cases diminishing pain permanently. Synthetically produced cortisone is a close derivative of the body's own product. The most significant difference between naturally produced cortisone and synthetically produced cortisone is that the synthetic cortisone can be injected directly into the source of your pain. Therefore a much greater and, in most cases longer, lasting effect is achieved.

What should I expect when I have my injection?

The risks and possible complications will be discussed with you prior to the procedure and with your acceptance we will proceed. You will be asked to lie on an examination bed or sit in a chair with the area of clinical interest exposed. The area will be cleaned with a hospital grade antiseptic wash and using an ultrasound machine will be scanned to locate the area of clinical interest. By locating this area under ultrasound guidance we can ensure that the medicine is delivered precisely to the location and therefore offer the best chance of a positive outcome. A fine needle is directed into the area of clinical interest. If necessary, a local anaesthetic will be administered before the injection, but in many instances this will not be required. Whichever technique is used, you should expect only minimal discomfort from the injection.

Once the procedure is complete our Radiologist will discuss post-procedural care with you.

What does Exact Radiology recommend for my post-procedural care?

Refrain from any significant activity involving the body part for one week. Necessary activities of daily living are permissible but do not engage in any deliberate exercise such as running, weight training or other sporting pursuits.

Some discomfort may occur following the procedure, Paracetamol and a cool compress may help. If the pain is severe, anti-inflammatory medications are particularly helpful. This pain flare is usually most prominent in the first three days following the procedure and slowly decreases. If you are concerned, please phone the Exact Radiology Clinic where the injection was performed.

Exact Radiology Clinics recommend that you discuss your post procedure rehabilitation options with your Health Care Professional eg. physiotherapy treatment program.



Are there any risks or side effects from my injection?

As with all medical procedures there are risks. Your doctor has sent you for this procedure knowing that the opportunity for relief of pain is more beneficial than the very low risk associated with it. The risks and possible complications will be discussed with you prior to the procedure.

How should I prepare for my procedure?

When you phone to arrange your appointment one of our friendly reception staff will advise you of the preparation and requirements for this procedure. We will also need to know if you are currently on blood thinners such as Warfarin or Aspirin.

Blood thinning medications that you are currently taking should be ceased prior to this procedure. This should be discussed with your Health Care Professional prior to making your appointment.

(Aspirin and Warfarin for 5 days, Plavix for 7 days and Iscover for 8 days). If you have had a heart valve replacement, it may be necessary to take antibiotics before the procedure. Please discuss this with your Cardiologist/Cardiac Surgeon and take antibiotics as directed.

Things to bring along to my appointment:

- Previous films for area of clinical interest.
- Medicare or Department of Veteran Affairs card (as we bulk bill all eligible Medicare services).
- Referral (this is a legal requirement)
- Workcover details and claim number (if this is a Workcover claim)

[Last Updated: 17/08/2010]