



Getting A Joint Injection

Chieng Family Medical Day Unit

A Gift Spells Life



Welcome to the Medical Day Unit.

It is found on the 2nd floor of the 1982 hospital.

You are welcome to bring some of your favourite toys, books, a blanket or stuffy with you.



After arriving you will be taken to a room where you will receive your treatment. The treatment room will look like this. There is a comfortable bed for you and chairs for your family.



There is a TV in your room and you are welcome to choose from our selection of DVDs to watch.



The doctor will come to have a look at your knee and they will put some numbing cream on your knee.

This cream numbs your skin so your joint does not feel the medicine.



The doctor will put some cream on your skin. It is white in colour and it feels soft and cold on your skin.



The doctor will then put a clear plastic bandage over the cream on your knee. This helps the numbing cream to do its work and keeps the cream from coming off or getting on your clothes.

The clear bandage will feel soft and smooth when you touch it. The numbing cream under the cling wrap plaster will feel squishy when you touch it.

The numbing cream and the cling wrap plaster will need to stay on your knee for some time (about 1 hour) to do its job.



After some time, one of our nurses will bring you some medicine to drink.



To drink this medicine it helps if you put the syringe inside your mouth at the back of your cheek. Squirt it into your mouth with one go and swallow it all in one gulp.



You can drink some apple or orange juice to get the taste of medicine out of your mouth.



You will have to spend some time waiting. It is helpful to read some books, play some games or watch a show while you wait.



After the numbing cream has had some time to work the doctor will come to remove the clear plastic bandage and the numbing cream.

The clear plastic bandage is sticky.



The doctor will use a soft tissue to wipe away the cream. Your skin might be a bit lighter in colour where the cream was. This shows that the cream has done its work. The lighter colouration of your skin will go away after a while.



Then the doctor will wash your knee. The cleaning stick looks like a lollipop. It has a soft spongy tip that is wet and soft when you touch it. It might feel cool and wet when it touches your skin. It has a very interesting smell. Have a sniff and tell us what you think of the smell.



A rolled up towel will be placed under your knee, like a pillow for your leg to rest on. The rolled up towel will be covered with a blue paper and plastic sheet. This sheet is soft to touch and it makes a rustling sound when you move your leg.



The doctor will then place a special clean sheet over your knee. This sheet has a hole in it. The hole in the sheet goes over your knee. You will be able to see your knee peeking through the hole in the sheet.



The doctor will put on hospital gloves.

The doctor will feel your knee to see where the medicine will need to go.



While the doctor is busy with your knee you might find it helpful to read a book, to play a game or to blow some bubbles.

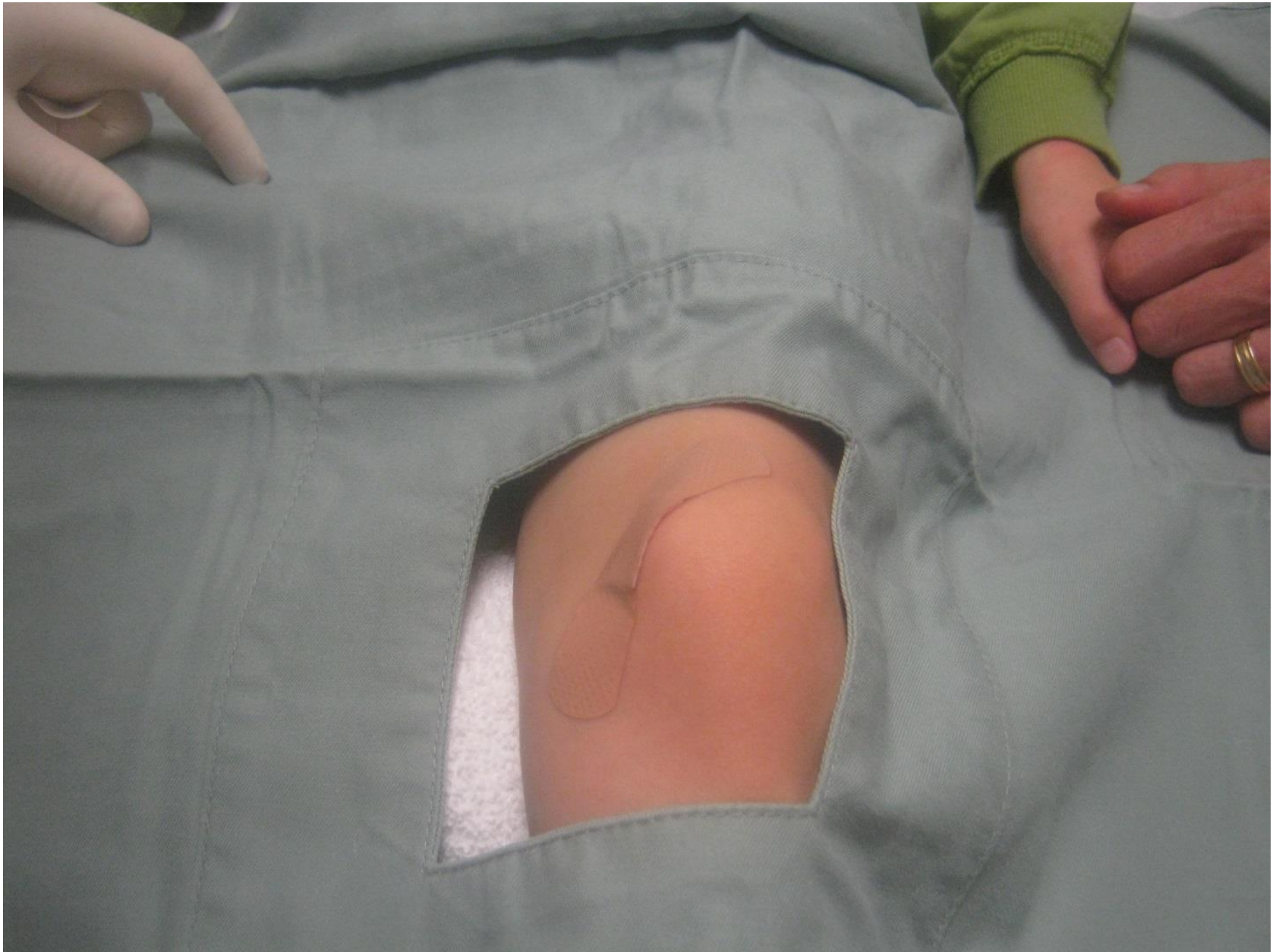


The doctor will then give your joint the medicine where it is needed. The medicine goes through a thin tube to the place where your body needs it.

Your job is to hold your joint very still so that you can help the doctor place the medicine where your body needs it. You can also take deep breaths, this helps your body to get lots of oxygen that it needs to work well.



When the doctor is done with giving your joint the medicine they will place a soft piece of cloth on the place where the small tube was.



You will get a Band-Aid on the place where the small tube was placed.

You will know the injection is done when the doctor puts the band-aid on your knee.



You will be able to bend your joint after the procedure.



- There, all done!





You can have a popsicle when your done if you like.





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CHILDREN'S

HOSPITAL™