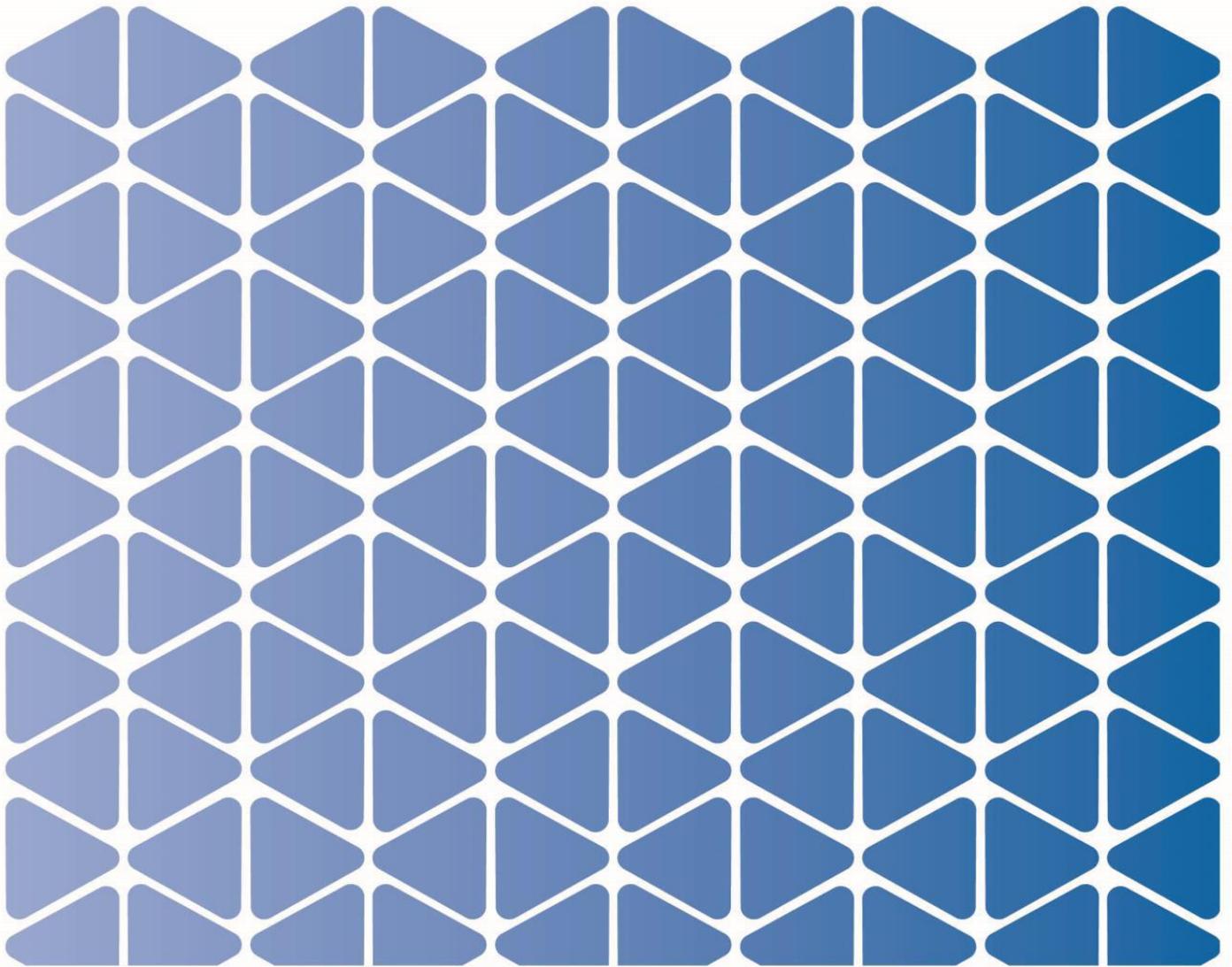




PATIENT INFORMATION

## Trauma and Orthopaedics

# KNEE ASPIRATION



The Orthopaedic Clinician feels that a knee aspiration may be beneficial to help diagnose your condition. Joint aspiration is a procedure to remove fluid from the space around a joint using a needle and syringe. This is usually done to relieve swelling and/or to obtain fluid for analysis to diagnose a joint disorder or problem. This leaflet is designed to help you decide if you want to have an aspiration.

## **Procedure**

A needle is inserted into the knee joint under sterile conditions and fluid from the knee will be sent to laboratory for culture and histology to rule out infection in the knee joint or Gout.



## **How many aspirations can I have?**

This will be decided by your Clinician and yourself. It may be necessary to repeat the aspiration if insufficient fluid is taken the first time.

## **What happens before the aspiration?**

- The aspiration will be explained and you will have the opportunity to ask questions
- You are free to delay your decision or decide not to have the aspiration.

## **How long does a knee aspiration take?**

- A knee aspiration can take 5 to 10 minutes.

## **What happens after the aspiration?**

- We advise you to rest for 30 minutes after the aspiration to make sure you feel well before mobilising.
- You will have to wait for the result of the aspiration this can take on average 3 days.
- Your Clinician may give you additional special instructions if indicated (see box next page)

## What are the possible side effects?

The following, although rare, can occur after a joint aspiration:

- **Infection:** Signs of infection include gradually worsening pain over several days. Contact your GP in working hours if this happens and you also feel unwell or develop a temperature. Out of hours you can call NHS direct. If you become severely unwell call the primary care emergency service or attend A&E taking this leaflet with you.
- **Post aspiration pain:** The aspiration can cause a flare of pain in a small number of patients. This should resolve with cold, heat or simple painkillers but do not exceed the recommended dose.

## Consent

- Verbal consent will be undertaken by the clinician undertaking the aspiration.

## Are there any times I should not have an aspiration?

- If you have a skin infection in the area to be aspirated.
- You do not want an aspiration or are afraid of needles.
- You are on anti-coagulation e.g. Warfarin – discuss with your Clinician.

### Date and time of Aspiration:

### SPECIAL INSTRUCTIONS:

#### *Post-Procedure*

We advise you to rest for 30 minutes after the aspiration to make sure you feel well before mobilising.

Clinicians generally suggest that you rest at home with your knee elevated for about 24 hours. You will probably feel moderate pain, but it usually goes away within 24 hours and you may be able to resume moderate activities the next day. You can usually remove the bandage / dressing the day after aspiration.

Your clinician will inform you of the result of the aspiration, if you have an aspiration and are sent home; you will either receive a telephone call or be brought back to a clinic to discuss the result.

Should you notice any of the following symptoms please contact your GP or Accident and Emergency Department, depending on severity, and tell them about this aspiration: severe pain, swelling, redness or warmth around the aspiration site or if you feel generally unwell.

If you have an appointment with another medical professional within the next 2-3 weeks it is important to tell them that you have had this procedure.

### **Other information**

The following internet websites contain information that you may find useful.

- [www.worcsacute.nhs.uk](http://www.worcsacute.nhs.uk)  
Worcestershire Acute Hospitals NHS Trust
- [www.patient.co.uk](http://www.patient.co.uk)  
Information fact sheets on health and disease
- [www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)  
On-line health encyclopaedia

**If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.**

### **Patient Experience**

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

### **Feedback**

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

### **Patient Advice and Liaison Service (PALS)**

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

### **How to contact PALS:**

**Telephone Patient Services: 0300 123 1732 or via email at: [wah-tr.PET@nhs.net](mailto:wah-tr.PET@nhs.net)**

### **Opening times:**

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.