

Nursing Instructions

Knee Joint Aspiration and Injection

Patient Preparation

The patient is seated comfortably on the examination table. Clothing is removed from over the affected joint. An absorbent pad is placed underneath the affected joint. If the joint is to be injected, the preferred medications are prepared. The anesthetic is always drawn up first, and then the steroid, to prevent contamination of the anesthetic stock bottle.

Sterile Tray for the Procedure

Place the following items on a sterile sheet covering a Mayo stand:

- Sterile gloves
- Sterile fenestrated drape
- 2 10-mL syringes
- 2 21-gauge, 1 ¼-inch needles
- 1 inch of 4 × 4 gauze soaked with povidone-iodine solution (Betadine)
- Hemostat (for stabilizing the needle when exchanging the medication syringe of the aspiration syringe)
- Sterile bandage

Postprocedure Nursing Instructions

The skin is cleansed of any blood or povidone-iodine solution, and the bandage is applied.

Needles are disposed of in an appropriate sharps container.

Soiled or bloodied gauze is disposed of in an appropriate biohazard waste container.

The aspirated joint fluid is labeled and sent for studies as directed by the physician.

Medication bottles are stored in the cabinet.

Adapted with permission from Zuber TJ. Office procedures. Baltimore: Lippincott Williams & Wilkins, 1999.