

How do I care for myself at home?

Insertion site care

- Take off the bandage 24 hours after the procedure. Gently wash around this area.
- Shower (after you remove bandage).

Activity at home

- Resume taking any regular medicines unless your doctor tells you otherwise.
- Drink plenty of fluids.
- Return to your regular diet.
- For at least 24 hours after getting home, **do not** smoke.
- For the next 2 days, **do not** do any heavy activities or exercises.
- For the next 3 days, **do not** soak in a tub.

When to get help?

If you notice **bleeding** at the insertion site:

- Lie down flat.
- Press down firmly about 1 to 2 centimetres (1 inch) above the insertion site for 15 minutes.
- If bleeding does not stop, **call 9-1-1**.

Call your doctor if you notice any of the following problems:

- fever above 38.5°C (101°F) and chills
- redness, pain, or yellow or green bad-smelling fluid (pus) coming from your insertion site
- numbness, coolness, or change in colour of the leg or foot, or arm or hand, on the side of the insertion site

Locations

Lions Gate Hospital Medical Imaging, Lower Level 231 East 15 th Street, North Vancouver	604-984-5775
Surrey Memorial Hospital Medical Imaging, 1 st Floor, Lower Level 13750 96 th Avenue, Surrey	604-588-3308
UBC Hospital Medical Imaging, Main Floor 2211 Westbrook Mall, Vancouver	604-822-7076
Vancouver General Hospital Interventional Radiology, Jim Pattison Pavilion Station 4, Ground Floor, 855 West 12 th Avenue, Vancouver	604-875-4111 Ext 68612

HealthLinkBC

8-1-1

Call any time you have any questions or concerns. HealthLinkBC is open 24 hours.

Available in 130 languages. For an interpreter, say your language in English. Wait until an interpreter comes on the phone.

www.fraserhealth.ca ♦ www.vch.ca

This information does not replace the advice given to you by your healthcare provider.

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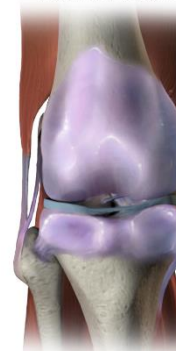


Geniculate Artery Embolization

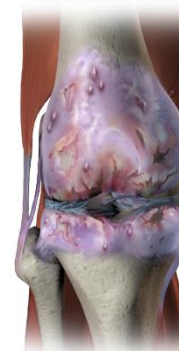
Treating arthritis knee pain

Medical Imaging

Normal Knee



Osteoarthritis



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What is geniculate artery embolization?

The geniculate artery (say *jeh-nik-yoo-late*) is one of the arteries that supplies blood to your knee joint. Embolization (say *em-bow-lie-zay-shun*) is a way of treating knee pain caused by osteoarthritis. We inject tiny particles into the artery. The particles get stuck in the artery, slowing down the blood flow to the lining of the knee. The result is usually long-lasting relief from pain, making it easier to move the knee joint.

Who does the procedure?

An interventional radiologist does the procedure. This doctor specializes in image-guided procedures and uses real-time x-ray called fluoroscopy to do this procedure.

If you have any questions about the procedure, you can ask the radiologist before your procedure.

How long will it take?

The procedure takes one to 2 hours plus the time to recover. You could be at the hospital for up to 6 hours.

You must arrange for a responsible adult to drive or escort you home after this procedure.

Can I bring a relative or friend?

Yes, a relative or friend can stay with you before and after the procedure. However, for safety reasons, they cannot be in the room during the procedure. We let them know where they can wait.

Is there anything I need to do to prepare?

Someone from our Medical Imaging Department contacts you with specific instructions for how to prepare.

ALERT Tell us about any allergies, and any reactions to x-ray dye

What happens during the procedure?

We start an intravenous in one of your arms. This allows us to give you medicines to help you relax (sedation) and ease any pain.

The radiologist then does the following:

- Cleans the area with antiseptic.
- Injects numbing medicine to freeze the skin (similar to dental freezing) in either your groin or wrist.
- Makes a small cut (incision) in the skin around the area (the insertion site).
- Inserts a tiny, long tube called a catheter through the cut, into a blood vessel, and guides it towards the knee.
- Injects x-ray dye through the catheter to see the blood flow into the knee.
- Injects tiny particles through the catheter into the artery, reducing blood flow
- Removes the catheter.
- Puts pressure on the insertion site or places a device on the opening to keep it closed. This helps to stop any bleeding.

You might get a flushed or warm feeling when we inject the x-ray dye. This is normal.

Will it hurt?

You might have some pain or discomfort during the procedure. We give medicine for numbing and pain to help you.

What should I expect after the procedure?

We move you to our recovery area. Here, we watch you closely and look for bleeding at your insertion site. We contact the person taking you home when you are ready to go.

Are there any risks or complications?

There is a risk of infection any time the skin is pierced or cut.

Unexpected complications can include:

- infection either at the insertion site or in the artery
- bleeding or blood clots at the insertion site
- allergic reactions to medicines or x-ray dye
- life-threatening complications are possible, but rarely occur

How long before my pain goes away?

You can expect to start to feel less pain in 2 weeks as the swelling and inflammation in the lining of the knee goes away.

Follow-up instructions

Contact the doctor who ordered this procedure for a follow-up appointment.