

<p style="text-align: center;">INJECTION / SUTURE SHEET [just do what's circled]</p>
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patient name : \_\_\_\_\_

remove dressing \_\_\_\_\_

remove staples / sutures

apply steristrips

new dressing with antibiotic cream

\_\_ ready to go after dressing is finished \_\_ then I will check patient again

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get ready for injection

right                left                both  
shoulder           elbow                knee                other : \_\_\_\_\_

\_\_\_\_\_ cc steroid    \_\_\_\_\_ Synvisc

\_\_\_\_\_ cc 1% lidocaine    \_\_\_\_\_ Euflexxa

\_\_\_\_\_ cc 0.5 % marcaine    3 cc 1% plain lidocaine skin wheal

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get ready for aspiration

right                left  
shoulder           elbow                knee                other : \_\_\_\_\_

3 cc 1% plain lidocaine skin wheal

10 cc syringe and 18 gauge needle for aspiration

and then inject : \_\_\_\_\_

**FOR SYNVISIC / EUFLEXXA [each knee]**

- 3 cc 1% plain lidocaine, with 25 ga needle
- 18 gauge needle on the synvisc / euflexxa syringe
- 4—iodine swabs
- 2—alcohol swabs
- 2—large bandaids
- 2—pair plain gloves
- 2—non sterile gauze pads

[put this all on a folded paper sheet—not just laying out on the table]

pink