

## Steroid Injection

You have just received a steroid injection, per your doctor's request, as a part of your treatment plan. The injection has an anti-inflammatory effect and is used to help with pain and stiffness. The injection is a combination of a steroid and a local anesthetic. The anesthetic can result in immediate numbness to the area that may last for several hours. After the anesthetic wears off, you may experience more aching and/or pain in the joint due to the addition of fluid in the joint space. This will wear off as the body absorbs the medication.

If you experience an increase in pain after the injection, we recommend applying ice to the area three-four times a day for 10-15 minutes at a time. The use of anti-inflammatory medication is often helpful for the week following the injection. Unless prescribed an anti-inflammatory medication (such as Celebrex, Relafen, Mobic, or Naproxyn) by your doctor, you may use over-the-counter medication such as Ibuprofen (600-800mg) three times a day with food or Aleve 220mg one every 12 hours with food. \*\*\*\*If you have a history of ulcers or take blood thinners, please contact your primary care physician for alternative medication options.\*\*\*\*

Possible side effects from a steroid injection

Local effects:

- Skin discoloration at injection site
- Temporary increase in pain
- Possible tendon attenuation and rupture

Systemic effects:

- Flushing of skin, especially face and neck
- If you have diabetes, you may notice an increase in your blood sugar for several days. Please monitor it carefully. Contact your primary care physician if blood sugars remain elevated.

Allergic Reaction:

- If you experience any chest tightness, swelling, or shortness of breath following your injection, go to your nearest emergency room, DO NOT call our office first.
- If you experience any itching or hives please contact the office at (309) 663-6461.