

STEROID (CORTISONE) INJECTIONS

You have been given an injection of a medication in the corticosteroid family. The generic name for this medication is "cortisone." There are many similar medications with different names used.

The purpose of this injection is to reduce inflammation in the area injected. As a result, this can reduce pain in the involved area. Frequently, we will simultaneously inject a local anesthetic to give you a few hours of relief after the injection.

You should be aware that after the local anesthetic wears off, you may have a "flare" of pain that lasts 24-48 hours. We strongly recommend applications of cold packs 15 to 20 minutes three to four times daily, especially for the first 24 hours after the injection. Depending on the location of the injection, we may give a prescription for pain medication to help you with pain after the injection.

It can take up to a week to get the maximal effect from the injection. It is recommended that you minimize use of the area to avoid pain during this period.

If you are diabetic you should be aware that these injections can elevate your blood sugars for a period of a few days. This should be monitored carefully if this applies to you.