

AFTER YOUR STEROID INJECTION

Today you were given an injection of a steroid medication to treat your pain and underlying inflammation. You may have heard people use the term “cortisone” previously to describe the medication involved – though there are several different steroid medications that we may use depending on the location of the injection.

Home Care:

- Please leave the bandage on the area for 30 minutes.
- Please avoid submerging the area injected underwater for 24-48 hours following the injection to allow the injection site to close. Taking a shower is ok.
- You may find that your pain returns later today or by morning. *This is expected.* It will likely be 3-7 days before the steroid medication has the planned effect.

Most people have no side effects from a steroid injection though the more common minor side effects are listed below:

Flushing: Some patients will feel flushed or warm in the 24 hours following the injection. This is due to your body absorbing the medication and should not be related to infection. The symptoms should subside over the next day. If not, you can feel free to call clinic.

Increased blood sugar levels: A steroid shot or taking an oral steroid will increase blood sugar levels for up to a few days. This is most concerning for patients that are dependent on insulin for diabetes management. We should have discussed this with you initially *before* your injection; regardless, if you using Insulin you should check your blood sugar levels in the morning and after meals for 2-3 days after your injection. You may find that you need to increase your insulin dosing for a couple days to balance out the increased levels.

Rare but serious side effects to look out for:

Skin or joint infection: There is a *very* small risk of an infection following an injection. *If you find that you are developing fevers, redness, swelling or pain around the injection site or within the joint injected over the 1-2 weeks following your injection please call clinic to make an appointment so that we can evaluate the injection site.* Skin infections can usually be treated with oral antibiotics; however joint injections are serious and may require a surgical procedure to resolve the infection.