

Information for Patients following a steroid injection

What is a steroid injection?

A steroid injection is an injection involving a steroid solution that may be given with a local anaesthetic into joints or around a tendon.

If a joint or tendon is painful, hot, red and swollen the action of steroid should help to reduce this.

Benefits of having a steroid injection

- The steroid solution can be delivered directly to the area that is affected
- The steroid solution will aim to reduce swelling, inflammation within joints and tendons.

After your injection

- You will be asked to wait for 15 minutes to make sure that you are feeling comfortable before leaving the clinic
- Rest the area injected for the rest of the day in a comfortable position
- Take your normal painkillers if you require them
- Do not be tempted to do too much just complete your normal duties
- Do not complete any strenuous exercise for 2 weeks.

Risks of not having treatment

- You may continue to experience pain, swelling, and discomfort.

Alternative treatments

- The area can be left untreated. You can take painkillers and anti-inflammatories to try and settle the symptoms.

Side effects

- Patients with diabetes may have a temporary loss of blood sugar control. If sugar levels go higher than your normal contact your diabetes advisor
- Ladies may experience some facial flushing
- Pain after the injection will settle over 24 hours. If it doesn't and the area becomes warm, red and swollen and you feel unwell please see your doctor urgently
- Skin may appear to go lighter in colour if you have black or dark skin, there may be wasting of the fat layer under the skin however this is very rare.

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