



DISCHARGE INSTRUCTIONS FOR STEROID INJECTIONS

Today you received an injection to help with inflammation and pain. Oftentimes this injection is enough to kick start your recovery. Other times, the relief is only temporary.

Please read the following considerations:

It may take 3-5 days for the steroid medication to take effect.

Ice and elevate injection site and area for the next week.

Wear supportive and appropriate shoes.

Limit activity involvement to walking only when necessary for the next 3-5 days

Do not engage in high impact, jumping or repetitive activities.

You may notice a worsening of your symptoms for 1-2 days.

Take TYLENOL or IBUPROFEN for discomfort.

- A few common side effects of steroids include facial flushing, sweating, restlessness, irritability, difficulty sleeping, increase in blood sugar and increased blood pressure.
- If you have diabetes, please monitor your blood sugar at least once a day for at least 5 days.
- If you have poorly controlled high blood pressure, monitor your blood pressure for at least 2 days and contact your primary care physician if these numbers are unusually high for you.

Other complications from cortisone injections could include:

Infection

Nerve damage

Persistent pain (steroid flare)

Thinning of skin and soft tissue around the injection site

Tendon weakening or rupture

Thinning of nearby bone (osteoporosis)

Whitening or lightening of the skin around the injection site

Death of nearby bone (osteonecrosis)

Please contact the office should you have any questions, cares or concerns.

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