

About your injection

- The injection you received today contained two different types of medication:
 1. A local anesthetic that numbs tissues and is very effective in blocking pain signals. The anesthetic provides an immediate form of pain relief lasting between 2-8 hours, rarely longer. When the local anesthetic wears off later today, it may wear off suddenly with little warning.
 2. A steroid that reduces the underlying inflammation in tissues. A steroid does not work immediately but the benefit tends to last much longer. Allow at least 14 days for your injection to start working (the benefit may build for up to 1 month). If after 14 days you have not noticed any benefit from the injection, please make an appointment to discuss treatment options.
- After an injection, it is normal to experience a slight increase in pain. This additional discomfort is to be expected and should go away within roughly 2 days. To ease the discomfort, rest and elevate the body part. If the injected area is in your arm or leg, consider wrapping a light compressive bandage around the site. You can apply an ice pack or heating pad for 15 minutes every hour. Over-the-counter pain relievers are usually very effective in treating the discomfort that arises after a steroid injection.
- Some people's bodies mistakenly identify the particles of the steroid medication that we injected as crystals like those found in people with gout. This "post-injection flare" is seen in less than 1 in 10 people who receive a steroid injection in a joint, but the amount of pain experienced during the flare can be worrying. The flare should subside within 3 days and should be treated with rest, elevation, compression, icing the area for 15 minutes every hour, and taking over-the-counter pain relievers. If you continue to experience severe pain, swelling, warmth, and/or redness that has not resolved within 3 days, please contact our office.
- If you have diabetes, please monitor your blood sugar levels closely. While uncommon, steroid injections can cause temporary spikes in blood sugar. If you experience a spike 200+ or you do not feel well, first contact your primary care doctor for treatment, then notify our office so we may document.
- With repeated injections, you may experience thinning of the skin and soft tissue around the injection site or whitening/lightening of the skin.