



Post-injection Care

You have just been given a cortisone injection to reduce pain and inflammation. Cortisone injections are used for diagnostic and treatment purposes for a number of conditions including: *bursitis, carpal tunnel syndrome, chondromalacia patella, De Quervain's tenosynovitis, frozen shoulder, osteoarthritis, rotator cuff injury, tendinitis, tennis elbow, trigger finger, and more.*

We hope the following information will help you understand your treatment and recovery.

What is in a cortisone injection?

- Lidocaine/Marcaine: Local anesthetic that numbs the joint for approximately 2-5 hours
- Depomedrol (Cortisone): the steroid used to decrease pain and inflammation. This can take about 72 hours to start taking effect.

Will there be pain after my injection?

After the injection you may notice immediate relief of pain as a result of the Lidocaine or Marcaine. There is a possibility of some temporary increased discomfort and swelling for up to 72 hours until the cortisone begins to work.

If you do have pain, simply rest the joint and use ice. If you tolerate over the counter medications, you might try Tylenol, Aleve, or Advil for added relief. Please follow the manufacturer's dosing instructions.

How long can I expect relief?

Relief varies with the patient and the condition. For some patients relief only lasts a few weeks, while others have decreased pain for several months. If you fail to improve from the injection please call us to follow up. If you feel that the relief has worn off from your last injection, you may return about **3 months later**.

Is it possible to have an allergic reaction from my injection?

Yes, however a true allergic reaction is rare. If you experience shortness of breath, hives, rash or irritation, dizziness, redness, or other unexplained symptoms please notify your Primary Care Provider and our office right away. Again, this reaction is rare.

How often can I receive cortisone injections?

We offer cortisone injections in the same joint around **3 months** apart, depending on the physician.

I am a diabetic, could this injection affect my blood sugar?

Yes, cortisone injections may increase your blood sugar. Please monitor your blood sugar closely and if it fails to return to normal, please contact your Primary Care Physician for instructions.