

Cortisone Joint injection Care

The injection area may be sore, throbbing or slightly swollen for one to two days. It is very important that you rest the area of the injection for 24 to 48 hours after the injection. Unless we tell you otherwise, applying ice to the area (10 to 15 minutes every one to two hours) for the first day or two will help decrease the pain. In addition, you may benefit from taking your usual painkillers to help reduce the pain.

You have also been giving a local anaesthetic in the same injection, which can help with the pain and will last for five to 12 hours. The actual Cortisone (steroid) may take up to two to five days to take effect.

If you develop any abnormal symptoms, such as itching, swelling, redness, rash, or shortness of breath, please call us, or out of hours 111/ Walk in centre or A&E. Normally, these are temporary symptoms which resolve within a day but its always best to check with us if you're concerned.

Diabetic Warning

If you are diabetic and check your blood sugars, this injection may elevate your blood sugars for the next one to five days. Please monitor your sugars closely and if they fail to return to acceptable levels, please contact us.

I would like you to observe the area of the injection for redness, swelling, or increased heat. If any, or all of the reactions occur, please call us as soon as possible. This reaction may indicate the first signs of infection. This is a very rare event, but best if caught early.

The duration of pain relief from these injections varies widely between patients. Some report two to four months of relief while other patients report only a few weeks of relief. Sadly, the injections cannot be given any sooner than 6 months and you are limited to how many you can have in total, so if you feel you need more injections, please consider this wisely.