

Patient Educational Information after Cortisone Injection

Injecting cortisone can relieve pain caused from a variety of conditions including injuries and arthritis. Treatment with a cortisone injection is less invasive than surgery and is a conservative alternative that can provide long lasting pain relief.

Cortisone is a type of steroid that can greatly reduce inflammation (swelling, redness, irritation). Most cortisone that is injected into the body is a synthetic analogue of the body's natural hormone, cortisol (hydrocortisone). Cortisone is unlike steroids some athletes take and will not make you gain weight or get bigger muscles. Injections of cortisone are noted for the ability to reduce inflammation and pain in an affected area.

Results of treatment vary from patient to patient, so it is impossible to predict how well or how long a cortisone injection will work. Patients may get pain relief anywhere from a few days to a few years. Over the course of treatment, your physician may not inject the same region more than a few times.

Cortisone injections are very safe. However, like all medications, there are potential risks and complications. These potential risks are rare and may include:

- Locally: flare of pain at injection site, loss of pigmentation, bleeding or bruising of the skin, tendon rupture or even infection at the injection site or in the joint
- Systemically: Flushing of the face can occur 1-2 days after the injection and is usually not concerning.

Diabetic patients receiving cortisone injections should be aware that cortisone can temporarily suppress the natural production of cortisol hormone in the body, this causing increased blood sugar levels.

After the injection you can enjoy activities as tolerated. Go for a walk. Just be careful not to over-do activity. If you experience worsening pain 3-4 days after the injection or signs and symptoms including: increased swelling, warmth, redness, wound drainage or fever over 100.4 F, please contact the office at 815-398-9491.