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## Patient Instructions Following Cortisone Injections

We have recommended a corticosteroid, often called “cortisone”, injection for you in the office today. The doctor injected your joint in order to reduce the pain and inflammation that you are experiencing. Please note that not everyone will have a lasting response following the injection. Here is some information that he would like for you to have:

- Content of the Injection.....The injection consists of two medications: Steroid (an anti-inflammatory that will take 48-72 hours to take effect) and Lidocaine (a numbing agent that will last 2-3 hours). Once the Lidocaine wears off, you may have an increase in your pain. We recommend icing the affected area for 20 minutes per hour for 3-4 times per day.
- Post-injection Instructions.....It is recommended that you refrain from any high level activities using the joint or limb that was injected for approximately 24-48 hours.

### Possible Side Effects

- Skin discoloration.....Individuals with dark complexions may experience some skin discoloration locally at the site of the injection.
- Steroid Flare-Up.....There is the possibility of an increase in discomfort within 48 hours following the injection. This is called a “flare”. To help avoid this, abide by the activity restriction above.
- Infection.....There is a less than 1 in 10,000 chance of an infection. If you notice any signs of infection (redness, warmth, drainage, and fever greater than 100 degrees) you should call DFW Sports Medicine office immediately at 469-430-9380.



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