

Cotswold Diagnostic Clinic

Specialist in diagnostic ultrasound and guided injection treatments

POST TREATMENT INFORMATION SHEET

Side effects that may occur after the steroid injection

- A small amount of bleeding and bruising may occur, which will usually settle without any treatment.
- Numbness may occur in the region of symptoms, and may extend down a limb or into the hand/foot.
- There may be some pain, heat, redness and swelling for 1-2 days in the region of symptoms. It usually settles with a cool pack and regular painkillers.
- If you are a diabetic using insulin, your blood glucose levels may increase for a few days. Contact your diabetic nurse if needed.
- Facial flushing and/or a hot flush may occur for 1-2 days after the injection.
- An irregular menstrual cycle may occur for a few months.
- The skin may go white and/or form a dimple around the injection site (resolves after a few months).
- Tendons can be more prone to tears/rupture after steroid injections (see below).
- Headaches (1 in 10 patients).
- Increased blood pressure.

What happens after the steroid injection?

- We advise you not to drive for six hours after an injection.
- If you have had local anaesthetic injected, you may not have any pain for the first few hours.
- Do the minimum activities necessary for the next 2 days after the injection.
- In the first month afterwards, do not put any strain on the area of symptoms while the injection works.
- For tendon injections, you should avoid strenuous activities for at least 3-4 months afterwards.
- Physiotherapy follow up is important for advice on when and how to return to activities, and for advice on a rehabilitation/exercise programme (particularly with tendons, which can take 4-6 months to heal).

How quickly does the steroid injection work and how long does it last?

Most people notice an improvement within a few days or a week. However, it may take up to a month for the steroid to work. The benefit can last for 2-12 months, or for even longer sometimes.

Rare symptoms that require an urgent GP appointment or visit to the Emergency Department (A&E)

If you have severe pain, redness and swelling at the site of the injection, or fever persisting for at least 2-3 days after the injection, then this could be infection. **Please see your GP urgently or go to A&E.**

Allergic reactions are extremely rare, and if they occur soon after the injection at home, look out for redness and swelling of the skin. **Please see your GP urgently or go to A&E**, particularly if you are having difficulty breathing.

If you feel drowsy, confused, dizzy or euphoric, have tinnitus, blurred or double vision, generalised sensations of heat, cold or numbness, twitching, or tremors at home on the day of the injection, this would also be extremely rare but could be due to the local anaesthetic injection. **You will need to go to A&E.**

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