



## **CORTISONE INJECTIONS IN THE JOINTS OR THE SHEATH OF THE TENDON OR NERVE BLOCKS**

If you suffer from a severe inflammation in a joint or near a tendon or a nerve, your doctor might suggest an infiltration with cortisone. Cortisone is a powerful anti-inflammatory that can reduce the pain caused by the inflammation (synovitis, bursitis, tendinitis).

That procedure can be repeated if your doctor decides it is necessary.

### **Benefits**

An infiltration with cortisone can sometimes relieve the pain entirely in one treatment only. It is however possible that the relief be partial even when the treatment is repeated.

### **Before your appointment**

- If you feel ill, if you have a cold or if you are feverish, please call us at 613-824-4223 to postpone your appointment.
- Eat a light meal.
- Take your medication as usual.

### **During the injection**

- You will be positioned in a way allowing a good exposition of the treated area.
- Your skin will be disinfected and anesthetized with the injection of a local anesthetic.
- The injection site will be identified by palpation or ultrasound examination.
- You will feel some discomfort during the injection. It will be temporary.
- If, at any time, you experience severe pain or you feel dizzy or ill, you must tell the doctor so he can make sure that the procedure takes place with the least possible discomfort for you.

## **After the treatment**

- You will stay lying down on the examination table for a few minutes.
- If, when you get up, you feel weak or dizzy, you will have to lie down again to recover quickly.
- When you feel well, you will be able to dress but will need to wait thirty minutes in the waiting room before leaving.
- If you feel dizzy, you must tell the doctor or his assistant so they can help you lie down again.

## **At home**

- If the doctor applied a bandage, you can take it off.
- You can take a bath or a shower.
- You will be able to resume your normal activities 3 to 4 hours after the treatment, when the tendon or the joint is no longer under anesthesia.
- In the two weeks following the treatment, you will have to reduce the intensity of your activities and avoid impacts on the treated area. Cortisone can weaken the tendons during the first few weeks following an injection. More intense activities could cause laceration of the tendons.

## **Risks and side effects**

Some **benign** side effects can occur after the treatment, such as:

- Pain: apply cold for 15 minutes every hour.
- Bleeding at the injection site: apply pressure for 20 minutes with a compress.
- If you are diabetic, cortisone could cause an increase in your serum glucose during the first 24 to 72 hours. You must keep a close eye on that during the first few days and see a doctor if it remains high.
- Cortisone can cause atrophy or thinning of the skin at the injection site. This is not painful but it can have a cosmetic impact.

Some side effects are more **serious**:

- Fever over 38 degrees Celsius
- Redness at the injection site
- Severe joint pain
- Persistent weakness or numbness

**If you note one of these signs, please contact us at 613-824-4223 or [info@cproloc.ca](mailto:info@cproloc.ca) or go to the nearest emergency.**

**Please contact us at 613-824-4223 if you believe to have had a side effect from the treatment or have consulted your family doctor or emergency department unexpectedly within 10 days of the procedure**