



You have just been given a cortisone injection to reduce pain and inflammation. Cortisone injections are used for diagnostic and treatment purposes for a number of conditions including: *bursitis, carpal tunnel syndrome, chondromalacia patella, De Quervain's tenosynovitis, frozen shoulder, osteoarthritis, rotator cuff injury, tendinitis, tennis elbow, trigger finger, and more.*

We hope the following information will help you understand your treatment and recovery.

What is in a cortisone injection?

- Lidocaine: Local anesthetic that numbs the joint for approximately 2-5 hours
- Depomedrol (Cortisone): the steroid used to decrease pain and inflammation. This can take about 72 hours to start taking effect.

Will there be pain after my injection?

After the injection you may notice immediate relief of pain as a result of the Lidocaine. There is a possibility of some temporary increased discomfort and swelling for up to 72 hours until the cortisone begins to work. If you do have pain, simply rest the joint and use ice. If you tolerate over the counter medications, you might try Tylenol, Aleve, or Advil for added relief. Please follow the manufacturer's dosing instructions.

How long can I expect relief?

Relief varies with the patient and the condition. For some patients relief only lasts a few weeks, while others have decreased pain for several months. If you fail to improve from the injection please call us to follow up. If you feel that the relief has worn off from your last injection, you may return about 3 months later.

During the cortisone shot:

Your doctor might ask you to change into a gown. You'll then be positioned so that your doctor can easily insert the needle.

The area around the injection site is cleaned. Your doctor might also apply an anesthetic spray to numb the area where the needle will be inserted. In some cases, your doctor might use ultrasound to watch the needle's progress inside your body — so as to place it in the right spot. You'll likely feel some pressure when the needle is inserted and the medication is released into the site.

After the cortisone shot:

Protect the injection area for a day or two. For instance, if you received a cortisone shot in your shoulder, avoid heavy lifting. If you received a cortisone shot in your knee, stay off your feet when you can.

After your cortisone shot, your doctor asks that you:

- Apply ice to the injection site as needed to relieve pain. Don't use heating pads.
- Do not use a bathtub, hot tub or whirlpool for two days. It's OK to shower.
- Watch for signs of infection, including increasing pain, redness and swelling that last more than 48 hours.
- Monitor your blood sugar closely if you have Diabetes. If your blood sugar fails to return to normal, please contact your Primary Care Physician for instructions.