

PHI CLINIC

Steroid Injection – Patient Education

What is a Steroid Injection?

A steroid (corticosteroid) injection is used to reduce inflammation and pain in joints, tendons, or muscles. It is commonly used for arthritis, bursitis, tendonitis, trigger finger, and muscle pain.

What to Expect

- Mild discomfort during the injection
- Temporary numbness from the anesthetic
- Pain relief usually begins within 2–7 days
- Relief may last weeks to months

Post-Procedure Care

- Rest the treated area for 24 hours
- Avoid strenuous activity for 24–48 hours
- Apply ice 10–15 minutes if sore
- Use acetaminophen (Tylenol) if needed
- Avoid heat for the first 24 hours

When to Contact the Clinic

Contact Phi Clinic if you develop increasing pain, redness, swelling, fever, chills, or drainage at the injection site.