



## POST INJECTION DISCHARGE LEAFLET

The aim of this information sheet is to help answer some of the questions you may have about having a steroid/ cortisone injection. It explains the benefits and risks as well as what you can expect when you go home after the injection treatment.

### WHAT IS A STEROID/ CORTISONE INJECTION?

A corticosteroid (or 'cortisone') is an anti-inflammatory medicine, which can be injected directly into the tissues around the nerves that are causing your symptoms. It acts directly in the area injected and is not the same as the steroids taken by bodybuilders or athletes.

### WHAT ARE THE BENEFITS OF HAVING A CORTISONE INJECTION?

The injection can help to relieve swelling, pain and stiffness caused by inflammation. This may in turn help you to start your rehabilitation and return to normal activities sooner by 'breaking the cycle' of pain and inflammation. It can also be helpful to aid in the diagnosis of your condition if it is not clear which structures are responsible for your pain. You may also have a local anaesthetic injected at the same time, which allows for temporary pain relief.

### WHAT ARE THE RISKS OF INJECTION TREATMENT?

The possible side effects of the injection are rare and include:  
 Flushing of the face for a few hours.  
 Small area of fat loss or change in skin colour around the injection site.  
 Temporary increase in pain for 24 to 48 hours after the injection but sometimes longer.  
 Patients with diabetes may notice a temporary increase in blood sugar levels. If you have diabetes, you are advised to check your blood sugar levels for three days post-injection.  
 Infection: If the area becomes hot, swollen and painful for more than 24 hours, or if you feel generally unwell, you should contact us or your doctor immediately.



### WHAT HAPPENS AFTER THE INJECTION?

A nurse will monitor you for up to 30 minutes after the procedure.

You will be instructed not to drive for up to 24 hours after the injection or longer if you feel unsafe. You will need someone responsible to take you home.

You can generally return to work the next day but you should avoid heavy work and strenuous activity for up to 48 hours.

The procedure may not help in some cases. Your pain may be exacerbated for up to a week or sometimes longer after this procedure. The procedure can take up to 6 weeks to become fully effective. We always warn you about serious side effects including infection, nerve damage and bleeding but these are extremely rare. Occasionally the procedure may cause numbness of the skin.

The doctor will discuss these side effects in more detail when you sign the consent form.

### WHAT CAN I EXPECT AFTER I GO HOME?

Depending on the cause of your pain, you may be asked to rest the area for a short period after the injection. This does not usually mean total rest but refraining from activities that make your pain worse, after which you should try to gradually return to full function.

### IS THERE ANYTHING SPECIFIC THAT I NEED TO BE AWARE OF FOLLOWING MY PROCEDURE?

Do not hesitate to contact us if you are worried in anyway following your treatment.

You should contact us or your GP immediately if you have any serious reaction or side effects from your treatment. All the contact details are provided below in this leaflet.

Please note that after hours and during weekends you can contact us via email. We try our best to monitor this regularly but you should not use this service in emergency situations. Your best port of call in any emergency is either your GP or going to the A&E department.



## PROCEDURES WE OFFER

LUMBAR EPIDURAL INJECTION  
CAUDAL EPIDURAL INJECTION  
LUMBAR FACET JOINT INJECTION  
CERVICAL FACET JOINT INJECTION  
THORACIC FACET JOINT INJECTION  
DORSAL ROOT GANGLION BLOCK  
NERVE ROOT BLOCK  
LUMBAR FACET RADIOFREQUENCY  
DENERVATION  
CERVICAL FACET RADIOFREQUENCY  
DENERVATION  
TRIGGER POINT INJECTION  
SACROILIAC JOINT INJECTION  
COCCYX INJECTION  
GANGLION IMPAR BLOCK  
PIRIFORMIS INJECTION  
INGUINAL NERVE BLOCK  
PUDENDAL NERVE BLOCK  
JOINT INJECTION  
OCCIPITAL NERVE BLOCK  
PULSED RADIOFREQUENCY  
TREATMENT  
INTERCOSTAL NERVE BLOCK  
RECTUS SHEATH BLOCK  
TROCHANTERIC BURSA INJECTION  
ISCHIAL BURSA INJECTION  
ILIO LUMBAR LIGAMENT INJECTION  
QUADRATUS LUMBORUM INJECTION  
ACHILLES TENDON INJECTION  
PLANTAR FASCIA INJECTION  
GENICULAR NERVE BLOCK & RF  
NEUROTOMY OF KNEE JOINT  
SUPRASCAPULAR NERVE BLOCK  
BOTOX INJECTION  
PLATELET RICH PLASMA THERAPY  
TENNIS ELBOW INJECTION  
GOLFER'S ELBOW INJECTION  
SUPRASCAPULAR NERVE ABLATION  
BOTOX FOR MIGRAINE  
CERVICAL MEDIAL BRANCH BLOCKS  
LUMBAR MEDIAL BRANCH BLOCKS  
STELLATE GANGLION BLOCK  
HIP JOINT COOLED  
RADIOFREQUENCY ABLATION  
INGUINAL NERVE ABLATION  
LATERAL FEMORAL CUTANEOUS  
NERVE BLOCK  
GREATER AURICULAR NERVE BLOCK  
BOTOX FOR BACK PAIN

The above information is for general education only. Please ask specific questions to the doctor during your consultation.

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