

Contact the Adult Musculoskeletal Service:

Manor Brook Medical Centre
117 Brook Lane
Blackheath
SE3 0EN

T: 020 8331 3250

F: 020 8319 8560

If you have any concerns or queries, please do not hesitate to contact us.

In case of medical emergency post-injection please take the form on the previous page with you to the relevant medical facility.

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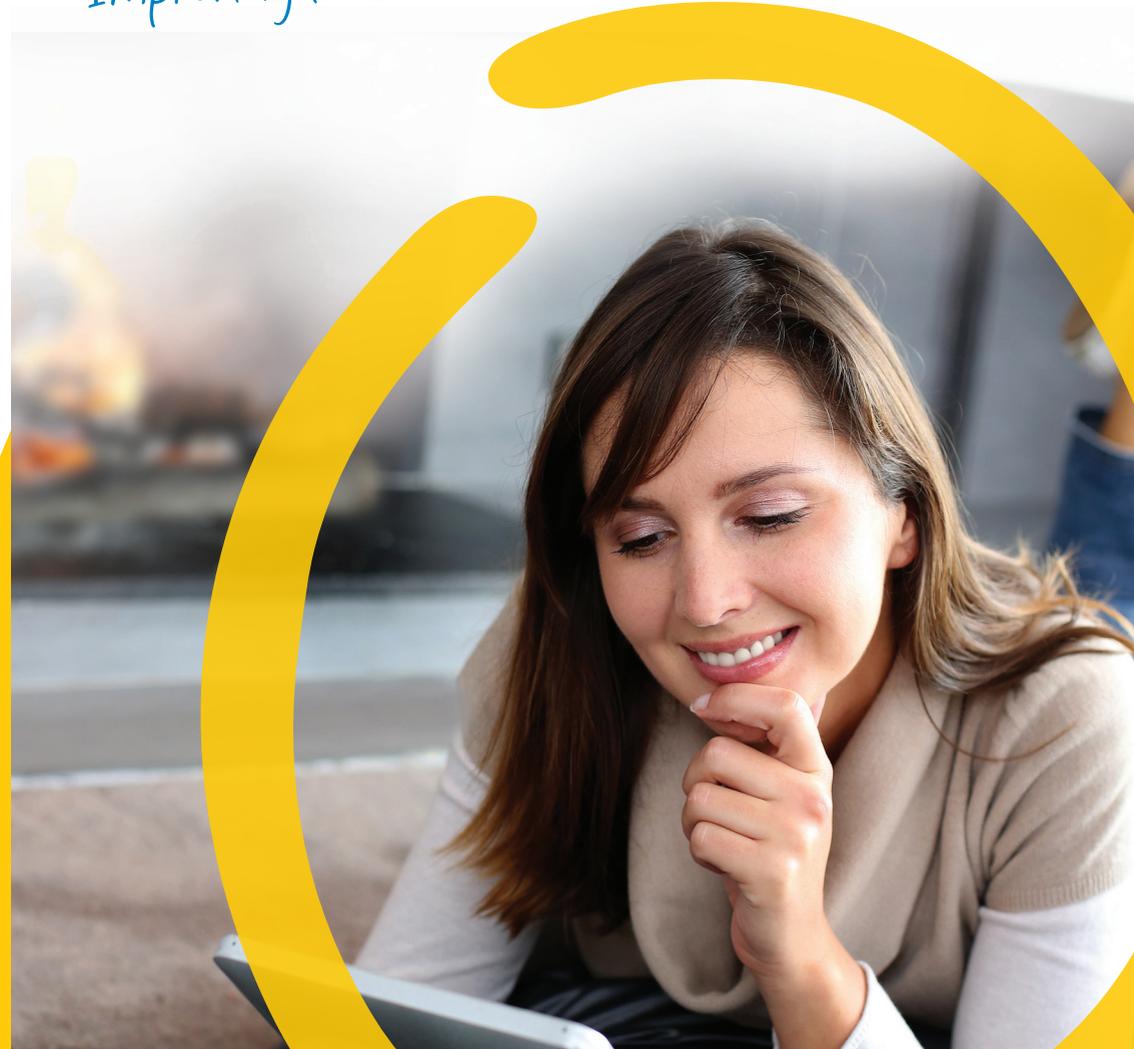
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Corticosteroid Injection Therapy

Adult Musculoskeletal Service

Improving lives



What are the benefits of a steroid injection?

Injections into soft tissues and joints can be very effective in giving pain relief, particularly if the pain is caused by inflammation. The injection consists of a small amount of corticosteroid that has an anti-inflammatory action and sometimes a local anaesthetic which temporarily numbs the area.

The pain relief following a steroid injection will hopefully allow you to start to use the affected area better and return to normal function quicker.

Is this the same drug that athletes and body builders take?

No. The steroids that we inject are completely different and are extremely safe.

When should I not have an injection?

If you:

- have an active infection/sepsis
- are allergic to local anaesthetic/steroid
- feel unwell or are immunosuppressed

- are pregnant
- are under 18
- are referred for an injection to an artificial joint
- are on anticoagulants
- do not want an injection
- have poorly controlled diabetes
- have adjacent osteomyelitis
- are breast feeding
- have myasthenia gravis.

What are the possible side effects?

These are rare and will be discussed with you prior to any injection. They include infection, allergic/anaphylactic reaction to the drugs, flushing of the face for a few hours, small area of fat loss or a change in colour of the skin around the injection site, deterioration of diabetic glycaemic control, post-injection flare (an increase in symptoms for usually no more than 48 hours) and bruising/bleeding at the injection site.

How is the injection performed?

The skin is cleaned with antiseptic, a needle is gently put into the affected area

and the solution is injected through the needle. Injections are not particularly painful but sometimes it can be sore for a few hours afterwards. If a local anaesthetic is used, the pain should diminish within a few minutes, though it may return after an hour or so.

How many injections can I have and who does them?

Usually just one injection is needed, but if the pain is severe or has been there a long time, you may need more. Each area injected should not be treated more than three times in a 12 month period.

Specially qualified podiatrists and physiotherapists perform many injections. However, there are occasions when due to the mixture of drugs or volumes

used for specific conditions a specialist GP has to perform the injection due to medicine licence issues.

What should I do after the injection?

Usually you will be asked to rest for a period of time before starting appropriate rehabilitation. You will be reviewed by your practitioner or a member of our team within an agreed timescale.

If you have increased pain lasting longer than 48 hours after your injection or increased swelling, redness or warmth around the injection site, or you feel generally unwell, please contact your GP, practitioner or emergency department and tell them about this injection with the information below.

I have been injected with:

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Site:

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Date:

Practitioner: