

Post Corticosteroid Injection Information



What to expect?

Injection site soreness is common on the first 3 days. You can apply Ice packs over the injection site for 20 minutes, several times a day as needed. Also, you can take paracetamol if needed, not exceeding the allowed dose. Steroid injection relieves the symptoms starting from the 2nd to the 3rd week. If you are diabetic or have high blood pressure, make sure you check your blood sugar and blood pressure regularly in the first few days.

What to do & what to avoid?

- Remove the dressing after few hours and keep the injected site clean.
- You may resume most of your daily activities 24 hours after your injection, unless instructed otherwise.
- Avoid hot packs on the injected area for 3 days.
- Avoid strenuous activities for several days.

Risks of steroid injection:

- Infection
- Bleeding
- Steroid flare (30%)
- Hypopigmentation (skin whitening)
- Fat atrophy
- Injury to nerves, tendons, and vessels
- Recurrence of symptoms (30-40%)
- Transient rise in blood sugar for diabetic patients, and blood pressure for hypertensive patients.
- Potential decreased milk production in lactating women



When should you call for help?

Call your doctor or seek immediate medical care if you have signs of infection, such as:

- Increased pain
- Swelling
- Warmth
- Redness
- A fever.
- Pus draining from the site

