



## CORTISONE INJECTION INFORMATION

### What is Cortisone

Cortisone is a powerful anti-inflammatory medication that can be used for a broad array of orthopedic conditions, such as bursitis, tendonitis, and arthritis. It can greatly reduce swelling, redness, inflammation, and pain.

### What should I expect after the joint injection?

Immediately after the injection, you may feel that your pain is improved. This is due to the local anesthetic (lidocaine) injected with the cortisone. This will last for a few hours. Your pain may return, and you may have a sore joint for a day or two. This is called a "cortisone flair" and is a result of the mechanical process of needle insertion and irritation from the steroid itself. You should start noticing pain relief the 3<sup>rd</sup> to 5<sup>th</sup> day after the injection.

### What should I do after the joint injection?

If possible, it is best to rest the joint for 24 hours (minimize walking and no gym). Applying ice to the affected area for 20 minutes at a time will help reduce any soreness created from the injection. You can also take Tylenol (Acetaminophen) or Anti-inflammatory medications such as Advil or Aleve as long as there are not any restrictions.

### How long does the effect of the medication last?

Every patient is different, and the degree of improvement varies per patient. Symptoms may improve for weeks to months.

### How many injections can I have?

In a twelve-month period, we generally prefer to perform no more than three injections. This is because the medication injected is meant to last for several weeks to several months. If three injections have not helped you much, it is very unlikely that you will experience any further benefit from an increasing number of injections. Also, giving more injections will increase the likelihood of side effects from the steroids.

### Side Effects

If you are diabetic, cortisone will raise your blood sugar. Please make healthy food choices and refrain from sweets and breads. Call the office if you have pain, swelling, or redness around the injection site lasting longer than 3 days. **Call 911 or other emergency services right away** if you have trouble breathing or swelling of your face, lips, tongue, or throat.