

## Patient Information

### Steroid Injection

#### What is a Steroid injection?

An injection of long-lasting steroid and local anesthetic into a specific region of the body, such as, a joint, bursa, around a tendon, or around a nerve. This procedure is typically performed to relieve pain and reduce inflammation. This procedure is performed by a Radiologist doctor using Ultrasound or CT guidance.

#### Preparation

No preparation is required although it is important to contact us and let us know if you are taking any blood thinning medications or have any drug allergies prior to the appointment.

#### How long will it take?

The procedure usually takes about twenty (20) minutes.

#### What to expect

- Depending on which part of the body that requires injection you might be asked to change into a gown.
- You will be positioned on a table; the Radiographer or Sonographer may perform a limited scan.
- The area will be cleansed with an antiseptic.
- A short-acting local anaesthetic will be used to numb the skin around the injection site.
- Once the needle is accurately positioned, a mixture of long-acting local anaesthetic and corticosteroid will be injected.
- You might feel some pressure or discomfort during this process.

#### After Your Examination

You may feel some discomfort and fullness in the joint after the study. This may be relieved with paracetamol (Panadol) and should settle down within twenty-four (24) hours. It is recommended you:

- Take it easy for the next 24 hours
- Resume your normal activities as limited by pain
- You may apply ice to the affected area
- You may continue with physiotherapy etc.

Any beneficial effect may eventually wear off. This is very variable, but the beneficial effect usually lasts several months. The area can be injected again if required.

#### Possible Side-Effects and Complications

Complications are uncommon but include:

- Temporary worsening of the pain which may last up to 48 hours ('steroid flare').
- Other steroid related side effects that affect 5% of patients include; insomnia, facial flushing and nervousness. These typically resolve within one to three days.
- Bleeding or bruising, especially if you are on blood thinners or anticoagulants.
- In diabetic patients the steroid injection can make the blood glucose temporarily high. Do not alter the diabetic medication in the first few days after this injection. If you are unsure about this, contact the doctor looking after your diabetic medication.
- Joint infection is very rare. If you have increasing pain or fever after the procedure, please contact your local doctor or attend the Emergency Department immediately. This may be treated with antibiotics and very rarely it may cause joint damage.

#### Questions?

*You will be given the opportunity to ask any questions of the technicians or radiologist at the time of your procedure, however if you have any queries prior to the appointment, please feel free to contact us by phone or email – 02 9170 4500 or [contact@nsrnm.com.au](mailto:contact@nsrnm.com.au)*

If you have any questions regarding **why** the injection is required, these should be directed to your specialist or the doctor looking after you. We are happy to re-schedule your booking so you can discuss it with your doctor.