



Cortisone Injection

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GOAL:

The goal of a cortisone injection is to decrease the inflammation around the joint or injection site. When the inflammation is decreased, your pain should improve. The severity of your condition will determine how long the medication will work. As with all injections, there is a small risk of infection.

SOME IMPORTANT THINGS TO KNOW REGARDING CORTISONE INJECTIONS:

- There are usually two medications injected at the same time: first a “Novocain” analgesic that helps reduce your pain almost immediately and usually lasts 2-8 hours, and second the cortisone “steroid” component. There are various brands on the market including Kenalog and Celestone, both used here in our clinic.
- The pain may actually get worse before it gets better. It may take 24 – 48 hours to see any benefit from the cortisone component of the injection. Other patients have great pain relief from the start. If your pain does get worse use an anti-inflammatory medication such as ibuprofen (Advil, Motrin) or naproxen (Aleve). You may also use acetaminophen (Tylenol) in addition or as an alternate medication. REST is also very important and ICE is a great natural pain killer.
- Other common side effects include: facial and chest flushing, a decrease in your normal sleep pattern, and headaches (although rare). These side effects usually last a couple days to a week. Benadryl may help with these symptoms.
- If you have diabetes your blood sugars will be elevated for up to a couple weeks. Please contact your primary doctor for questions of proper diabetic management.

If you have further questions or concerns, please feel free to contact our office at 952-442-2163.

