

CORTICOSTEROID INJECTIONS

A corticosteroid injection is given to reduce inflammation. It is usually made up of long acting local anaesthetic and steroid.

WHY HAVE AN INJECTION?

They are frequently given for painful joints, trapped nerves and around ligaments. In the foot, these injections are often given to help in the diagnosis as well as to control the symptoms. These injections are performed under ultrasound guidance at a radiology clinic.

WHAT DOES THE INJECTION INVOLVE?

The foot is placed in position so that the required joint can be seen on the ultrasound and local anaesthetic and steroid is injected simultaneously.

CAN THE PROCEDURE BE DONE AS A DAY CASE?

Yes, but you should ask someone to drive you home afterwards while the local anaesthetic is still working.

POST INJECTION CARE

You can go home when comfortable and safe. It is advisable to rest your foot for the remainder of the day. The local anaesthetic usually wears off after 6-10 hours and your foot may feel bruised for a couple of days. You can take your regular analgesia if necessary. You can return to your normal activities as soon as you are able. The steroid takes 2-3 weeks to have maximum effect and it may last for several months. You may be reviewed at an appropriate time after the injection to see what effect is produced or if the inflammation recurs.

RISKS

- . The injection may not relieve all your pain
- . It may not be long lasting
- . Very rarely, an infection can occur at the site of the injection, or even a reaction to the steroid.

**This brochure is a brief overview of corticosteroid injections and not designed to be all-inclusive.
If you have any further questions, please do not hesitate to contact your surgeon.**