

# Injection of steroid and local anaesthetic

An information guide



# **Injection of steroid and local anaesthetic**

Today you have had a steroid injection. The aim of the steroid injection is to reduce pain and inflammation in a joint or soft tissue.

Pain may increase for 48 hours following the injection before the steroid takes effect. Continue with pain relieving medication if necessary during this period. The steroid may have been combined with local anaesthetic or a separate local anaesthetic injection may have been given, and this will assist with some temporary pain relief for a few hours.

## **The side effects are rare but may include:-**

- Temporary bruising or discomfort/ itching at the injection site.
- Temporary menstrual irregularity.
- If you are diabetic your blood sugars may go up for a few days.
- If you have high blood pressure this may go up for a few days.
- Facial flushing for up to 24 hours after the injection.
- Loss of colour in the skin around the injection site which may be permanent.
- Loss of fat at the injection site that causes a dimple which may be permanent.
- Infection (if your injection site becomes hot and painful you should see a doctor immediately especially if you feel unwell).

Following a joint injection it is recommended that you rest the joint or at least avoid strenuous exercise for 2 days.

The clinician who administered the injection will advise you about when to resume activity and exercise.

If you have any concerns about these or other effects contact this number:

\_\_\_\_\_ weekdays 8:30am to 4:00pm

Alternately you can attend Accident and Emergency (A&E) and take this form with you.

Area injected .....

Steroid .....

Dose .....

Local Anaesthetic .....

Dose .....

Signed .....

Administering Clinician

Print Name .....

Date.....

***Corticosteroids can potentially have a negative effect on the immune system. There is a lack of evidence relating to this risk during the coronavirus pandemic.***

**If English is not your first language and you need help, please contact the Interpretation and Translation Service**

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

اگر انگریزی آپ کی پہلی زبان نہیں ہے اور آپ کو مدد کی ضرورت ہے تو ، براہ کرم ترجمانی اور ترجمہ خدمت سے رابطہ کریں

Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

ইংরাজী যদি আপনার প্রথম ভাষা না হয় এবং আপনার সাহায্যের প্রয়োজন হয় তবে অনুগ্রহ করে দোভাষী এবং অনুবাদ পরিষেবাটিতে যোগাযোগ করুন

إذا لم تكن الإنجليزية هي لغتك الأولى وتحتاج إلى مساعدة ، فيرجى الاتصال بخدمة الترجمة الشفوية والتحريرية

☎ : 0161 627 8770

@ : interpretation@pat.nhs.uk

To improve our care environment for Patients, Visitors and Staff, **Northern Care Alliance NHS Group** is Smoke Free including buildings, grounds & car parks.

For advice on stopping smoking contact the Specialist Stop Smoking Service on 01706 517 522

**For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897**

**For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service**

The Northern Care Alliance NHS Group (NCA) is one of the largest NHS organisations in the country, employing 17,000 staff and providing a range of hospital and community healthcare services to around 1 million people across Salford, Oldham, Bury, Rochdale and surrounding areas. Our Care Organisations are responsible for providing our services, delivering safe, high quality and reliable care to the local communities they serve.

The NCA brings together Salford Royal NHS Foundation Trust and the hospitals and community services of The Royal Oldham Hospital, Fairfield General Hospital in Bury, and Rochdale Infirmary (currently part of The Pennine Acute Hospitals NHS Trust).



[www.facebook.com/NorthernCareAllianceNHSGroup](http://www.facebook.com/NorthernCareAllianceNHSGroup)



[www.linkedin.com/company/northern-care-alliance-nhs-group](http://www.linkedin.com/company/northern-care-alliance-nhs-group)



Northern Care Alliance NHS Group (NCA) @NCAlliance\_NHS

**Date of publication: December 2007**

**Date of review: September 2020**

**Date of next review: September 2022**

**Ref: PI\_DS\_412**

**© The Northern Care Alliance NHS Group**

[www.pat.nhs.uk](http://www.pat.nhs.uk)

[www.northerncarealliance.nhs.uk](http://www.northerncarealliance.nhs.uk)

