Injection of steroid and local anaesthetic
An information guide
Injection of steroid and local anaesthetic

Today you have been injected with a steroid (and maybe a local anaesthetic combined or as a separate injection). The aim of the injection is to reduce pain and inflammation in a joint or soft tissue.

Any pain relief you initially experience will be temporary due to the local anaesthetic. Pain may increase for 48 hours following the injection before the steroid takes effect. Continue with pain relieving medication if necessary during this period.

**Side effects are rare but may include:-**

- menstrual irregularity
- facial flushing for up to 24 hours after the injection
- itchy or hypersensitive (over sensitive) skin at the injection site
- loss of colour and tightness in the tissue around the injection site
- fat atrophy
- infection (if your injection site becomes hot and painful you should see the doctor immediately especially if you feel unwell).

If you have an injection into a joint you should rest it or at least avoid strenuous exercise for 2 days.

Your Advanced Physiotherapy Practitioner, Rheumatology Clinical Nurse Specialist or clinician will advise you about when to resume activity and exercise.

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

_____________________________ weekdays 8.30 - 4.00
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............................................................................................................................  

If English is not your first language and you need help, please contact the Ethnic Health Team on 0161 627 8770

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

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