About Your Injection

You have been given an injection of a steroid type solution and local anesthetic. The combination of these medications is used for diagnostic purposes. At the same time with the help of the steroid there is a decreased inflammation of the tissues. The local anesthetic should give you immediate relief of the pain as well as allow the doctor to be certain the steroid has been delivered to the target area.

You may expect the area to be numb for a period of one to several hours.

Your pre-existing pain may return.

You may, in fact have more pain than you did prior to the injection after the local anesthetic wears off.

If you have more pain, DON'T PANIC! This pain is an irritation from the Cortisone preparation which will resolve as soon as the steroid is absorbed into the tissue. Unfortunately, there is no way for us to predict how quickly or slowly your body will absorb the steroid. Everyone's body absorbs medication at different rates. On the average, however most people will get good relief in 36-72 hours although some may take up to three weeks. For relief, I and some type of anti-inflammatory, such as Motrin, Ibuprofen, Advil or Aleve to relieve the pain. Tylenol is not an anti-inflammatory, therefore will not be as effective. You should apply ice to the area for approximately 15-20 minutes at a time and you may repeat this process as often as necessary.

If you have any questions regarding your injection, please don't hesitate to call us.