

## Patient Information - Injection Therapy

### Podiatry & Orthotic Department

The Podiatrist, who assessed you, has discussed the use of a corticosteroid injection as part of your management plan. This leaflet provides you with information relating to this procedure.

#### **What are Corticosteroids?**

Corticosteroid is essentially a very strong anti-inflammatory which can relieve swelling, stiffness and pain, allowing you to start rehabilitation sooner, have fewer treatment sessions and return to normal activities more quickly.

The injection is placed locally, so the effects on your symptoms will not only be stronger but will be quicker than with oral medication. In some cases the injection will be guided to target by Ultrasound.

#### **What Is Local Anaesthetic?**

This type of medication is used to numb an area for a short period of time. The drugs may be mixed with Corticosteroids or used independently to assist the clinician to diagnose a particular condition.

**NOTE:** If your injection is combined with a local Anaesthetic you should not drive for 2-3 hours after its administration. If you do so, your insurance may be void.

#### **How many injections will I need?**

This all depends upon your medical condition. Some conditions require just one whilst others need a series of injections. The Podiatrist giving you the injection will be able to advise you about your individual situation.

#### **What should I do after the injection?**

You must rest the painful joint or soft tissue for 2 days after the injection. This means that you can move around **but don't overdo it.**

This allows the anti-inflammatory action of the drug to do its job, stay in place and also helps to prevent further injury. If you continue to over-use your joint or soft tissue within this period, it will have an adverse effect and could render the injection less effective.

### **Are there any side effects from this treatment?**

**Infection** - as with any invasive technique, there is always the risk of infection. The possibility of this occurring is extremely low.

**Post Injection Pain / Post injection Flare** – You may experience 1-2 days of increased discomfort after the injection, this is normal. In a few cases this can present as a steroid flare with the onset of pain at 1-2 days after injection lasting for approximately 3 days. If you are concerned please contact the Podiatry department for advice.

**Allergic Reaction - Anaphylaxis** - Although extremely rare, an allergic reaction to the medication used in the injection can occur. This has been discussed in detail at your pre assessment.

**Skin Discolouration** – Slight discolouring of the skin around the injection site can occur. It is more common in darker skins and with superficial injections.

**Fat Atrophy** – This resembles a dip in the skin which often restores itself over several months.

### **Other temporary side effects which may be noted:-**

- Menstrual disturbance
- Facial flushing
- Acne in those already prone

### **What if I am Diabetic?**

Please note that you may have a temporary disturbance to your blood sugar levels for a few days to a week following the injection. If you are unsure how to manage this please seek advice from your G.P. or Diabetes Nurse specialist.

**Note:** If you have any further questions or concerns relating to the injection, please discuss with the Podiatrist.

**“This document is available in Welsh /  
Mae’r ddogfen hon ar gael yn Gymraeg”.**