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Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

**Patient Information
Post Injection Advice**

**Podiatry & Orthotic
Department**

Following your injection, please remain within the waiting area for 30 minutes; if you feel unwell please contact a member of staff.

If Local Anaesthetic has been used in your injection you should not drive for 2-3hours.

You will need to reduce your activity level for 2 days in order to give the Corticosteroid a chance to work.

If you have any concerns following your injection, please refer to your pre assessment information leaflet, or contact the Podiatry Department, on 01633 615225 or risca.podiatry@wales.nhs.uk

In case of an emergency after your injection, please seek medical advice at once and have the following information available.

Patient Name:

CRN

Injection details

Drug administered Date

Dosage

Injection site

Administered by:

Clinicians name: Print Sign

Professional title:

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 do not 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 / Steroid 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 - 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”.**