

Information leaflet Local anaesthetic and steroid injections

Medical Day Case Unit

You have been offered this treatment as part of your pain management plan discussed with your consultant.

How does a local anaesthetic and steroid injection work?

Some types of pain on the surface of the body are due to nerves been trapped, or muscles have developed taut bands (called trigger points). Injection of a local anaesthetic and depo steroid (slow acting steroid) may help reduce the inflammation and pain.

How to prepare for the injection?

Your appointment for treatment will be arranged after a consultation in our clinic. You should eat and drink normally and arrive for your treatment on time and accompanied by an adult (a relative or a friend). It is important that you abstain from alcohol the day before your treatment. You should take a shower before your treatment and must not apply hair sprays and cosmetic products on your skin. You should not apply any cream or rub which you have been prescribed for reduction of your pain. Please take your usual medication. It is advisable to take a day off work. You will not be allowed to drive on the day of your treatment.

What happens on the day?

You will be taken to the treatment room and your blood pressure and heart rate will be checked. You may be asked to remove some clothes. You will be positioned either sitting or lying down on a couch. On some occasions a small needle will be placed on the back of your hand. Your skin will be wiped with a sterilising solution and thereafter mopped up dry. Your doctor will give you a small pinprick with a quick acting local anaesthetic to numb the skin and thereafter will administer the mixture of a long lasting local anaesthetic and depo steroid.

You may have a sensation of stinging, pressure and slight discomfort which subsides very quickly. After the treatment the injection sites will be covered with small dressings, usually plasters. Sometimes a bandage may need to be applied. The dressings protect the area from infection and need to stay on your skin for 24 hours. During that period you should not wet the treated sites. After the injections you may be asked to rest for 15-20 minutes. After that you will be allowed home. You should have someone to drive you back home.

What to expect afterwards?

Local anaesthetic and steroid injections are usually very well tolerated and you can go back to work the next day. You may have a sensation of numbness in the treated area immediately after the injection which may last for up to a couple of hours. For a couple of days you may be sore on the injection sites and you should take your usual painkiller or anti-inflammatory tablet as advised by your doctor. You should refrain from strenuous work, extreme heat (like that in sauna or steam room) for 48 hours. If you see redness and swelling on the sites of injections you should let us know or call your GP at a first instance.

If the injections have been on your chest and you develop difficulty in breathing or persisting cough you should go to Accident and Emergency department immediately and let the casualty officer know you had injection on your chest.

How long will the injections last?

Your injection is part of your treatment plan and it aims at breaking the vicious circle of your pain. To make it last for long time or to reverse your pain completely, you must follow the advice of your consultant about special physical activity, modification of your regime and medication so that you gain maximum benefit. However there is no guarantee that the injection will work for you. You will be given an appointment for a review with a member of our team when your medication may need to be altered according to your response.

What are the complications/side effects?

Common

- Soreness / bruising at the injection site
- Increase of pain (up to seven days)
- Light headedness

Rare

- Haematoma
- Infection at the site of injection
- Fainting
- Allergic reaction
- New pain
- Worsening pain
- Pneumothorax (puncture of lung membrane)
- Skin dimpling

Very rare

- Convulsions (fits)
- Cardiac arrest (stopping of the heart)

You must tell us if you:-

- May be pregnant
- Take warfarin/ clopidogrel
- Have allergy to latex
- Have allergy to any medicine/food
- Suffer from epilepsy
- Suffer from diabetes
- Have got cold/fever
- Have been admitted to hospital
- Are hard of hearing/deaf
- Are blind/partially sighted
- Are nervous about needles, hospitals or medical practitioners

If you have got any further questions please let us know, please contact:-

Royal Gwent Hospital on Tel. No:- 01633 - 234938

Consultants: Dr. T. Ivanova-Stoilova / Dr. S. Wartan

Nevill Hall Hospital on Tel. No:- 01873 - 732979

Consultants: Dr. S. Jeffs / Dr. M. Joshi

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Mae'r ddogfen hon ar gael yn Gymraeg”.**