

Cortisone Injections

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A steroid injection can be recommended for your condition. Steroid injections are generally a safe, reliable method of decreasing the inflammation and pain of an affected area. Steroid or Cortisone is a powerful anti-inflammatory drug similar to natural substance produced by your body. When injected into the affected area, irritation and inflammation can be reduced and healing promoted both short, and more importantly, long term. A misconception is that the injection is simply for temporary pain relief; our goal is long term relief and combined with the other recommendations, will hopefully cure the condition.

A steroid preparation is mixed with a short and sometimes long-acting local Novocain-type anesthetic (Marcaine), which may bring immediate relief to your symptoms and last 6-8 hours. Cortisone itself takes 7-10 days to have its full effect. Therefore, it may take time before your symptoms start to respond.

There is a great difference between injected Cortisone and taking Cortisone by mouth as a pill. Local injections of Cortisone, in general, do not have any side effects on the body, staying locally in the area injected.

Diabetics may see a transient rise in their blood sugar; therefore, if you have diabetes, monitor your blood sugars and if it changes, please let us or your diabetes doctor know.

Side effects are rare. One third of patients get discomfort the night of the injection that usually subsides by the next day. Some people can get thinning of the skin or change of pigmentation, these occur in less than 5% of our patients. You can only have a certain number of cortisone injections; generally, no more than three in one area over your lifetime. Infections are extremely rare after an injection; even though the area will be prepared sterilely it can occur; if there is any concern please contact our office.