



Post Injection Instructions - Cortisone

Cortisone injections are used to treat inflammation associated with several conditions including osteoarthritis, tendinitis, and bursitis.

What is in a cortisone injection?

- Lidocaine/Marcaine: Local anesthetic that numbs the joint for approximately 2-5 hours
- Depomedrol (Cortisone): the steroid used to decrease pain and inflammation. This can take about 72 hours to start taking effect.

Will there be pain after my injection?

After the injection you may notice immediate relief of pain as a result of the Lidocaine or Marcaine. There is a possibility of some temporary increased discomfort and swelling for up to 72 hours until the cortisone begins to work. If you do have pain, simply rest the joint and use ice. If you tolerate over the counter medications, you might try Tylenol, Ibuprofen, or Aleve, for added relief. Please follow the manufacturer's dosing instructions.

How long can I expect relief?

Relief varies with the patient and the condition. For some patients relief lasts for several months, while others have symptoms return sooner. If you fail to improve from the injection, please call us to follow up. If you feel that the relief has worn off from your last injection, another injection may be given depending on your diagnosis and exam findings.

Is it possible to have an allergic reaction from my injection?

Yes, however a true allergic reaction is rare. If you experience shortness of breath, hives, rash or irritation, dizziness, redness, or other unexplained symptoms please notify your Primary Care Provider and our office right away. Again, this reaction is rare.

How often can I receive cortisone injections?

We offer cortisone injections in the same joint around 3 months apart.

I am a diabetic, could this injection affect my blood sugar?

Yes, cortisone injections may temporarily increase your blood sugar. Please monitor your blood sugar closely and if it fails to return to normal within 1-2 days, please contact your Primary Care Physician for instructions.