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ORTHOPEDICS & SPORTS MEDICINE

116 Westminster Pike, Suite 100

Reisterstown, MD 21136

410 833-9300

### **INSTRUCTIONS FOLLOWING REGIONAL STEROID INJECTION**

You have just had a regional steroid injection with a local anesthetic.

Rarely, temporary numbness (or paralysis) may be noted in that extremity due to the local anesthesia and that occurs within 30 minutes of the injection. This is always temporary and spontaneously subsides within one to two hours. Therefore, if you notice these symptoms, please exercise caution in driving, walking, or carrying valuable objects. You may also have increased pain for 48 hours, until cortisone takes effect.

If pain is noted at the injection site, please use ice intermittently (in a plastic bag or a bag of frozen vegetables) as needed 2-3 times a day for 10-15 minutes for 48 hours. However, this is unnecessary if no increased pain is noted after injection.

If you are diabetic and on medication of any kind, please watch your blood sugar levels closely for the next 48 hours. Steroid injections can in some cases elevate blood sugars.

After 48 hours, please use heat (WARM NOT HOT) (TUB, SHOWER, or HEATING PAD) for 15 minutes 2-3 times a day.

If any other problems occur or should you have questions, please call 410 833-9300.