

Department of Physiotherapy

Patient Information leaflet

Name of treatment: Corticosteroid Injection

The Orthopaedic Physiotherapy Specialist feels that a corticosteroid injection may be beneficial to your condition by helping reduce your pain. This leaflet is designed to help you decide if you want to have a corticosteroid injection.

Procedure

A small dose of corticosteroid and local anaesthetic is injected into the affected tissues for example, joint, tendon or bursa.

How fast does the injection work?

If local anaesthetic is used the pain should be less within a few minutes, although it may return after a few hours, just like a visit to the dentist. The steroid usually starts to work by reducing inflammation within 24-48 hours but may take longer.

How long does the effect last?

This varies from person to person and the condition being treated, but the steroid usually continues working for 3-6 weeks.

How many injections can I have?

This depends on the part of the body involved and will be decided by your therapist and yourself. If the pain is severe or has been there for a long time you may need more than one injection over a period of time.

Complications

The following, although rare, can occur after a joint injection:

- An allergic reaction
- Infection
- Raised blood sugar in diabetic patients
- Post injection pain
- Skin depigmentation
- Facial flushing
- Loss of fat around injection site
- Uterine bleeding

Consent

You will be asked to sign a consent form to consent to the injection. It is Trust policy that before you give consent to the injection, you have the opportunity to read this leaflet. If you do not understand any of the information **please ask** any questions before making your decision.

Are there any times I should not have an injection?

- If you have a skin infection or an infection anywhere else for example throat.
- You have previously been allergic to local anaesthetic or steroids.
- You feel unwell.
- You are due to have surgery soon in the same area.
- You are pregnant
- You are under 18
- You do not want an injection or are afraid of needles

- You are on Warfarin – discuss with your physiotherapist.
- You have unstable diabetes – discuss with your physiotherapist

What should I do after the injection?

You should stay in clinic for 30 minutes after your injection for us to ensure you do not have an allergic reaction.

ADVICE:

Should you notice any of the following symptoms: severe pain, swelling, redness or warmth around the injection site or if you feel generally unwell, please contact your GP or Accident & Emergency and tell them about this injection.

Steroid:

Dose:

Local anaesthetic:

Volume:

Contacts

For further information please contact the relevant department you attended:

Physiotherapist Department
Worcestershire Royal Hospital
Aconbury West
Tel: 01905 760187

Physiotherapy Department
Alexandra Hospital
Redditch
Tel: 01527 512114

Physiotherapist Department
Kidderminster Hospital
Kidderminster
Tel: 01562 513066

Patient Services Department

It is important that you speak to the department you have been referred to (see the contacts section) if you have any questions (for example, about medication) before your investigation or procedure.

If you have any concerns about your treatment, you can contact the Patient Services Department on 0300 123 1733. The Patient Services staff will be happy to discuss your concerns and give any help or advice.

If you have a complaint and you want it to be investigated, you should write direct to the Chief Executive at Worcestershire Acute Hospitals NHS Trust, Charles Hastings Way, Worcester WR5 1DD or contact the Patient Services Department for advice.

Please contact Patient Services on 0300 123 1733 if you would like this leaflet in another language or format (such as Braille or easy read).

Bengali

“আপনি যদি এই লিফলেটটি বিকল্প কোনো ভাষায় বা ফরমেটে (যেমন ব্রেইল বা সহজ পাঠ) চান, তাহলে এই নম্বরে 0300 123 1733 প্যাশেন্ট সার্ভিসের সাথে যোগাযোগ করুন।”

Urdu

“اگر آپ کو یہ دستی اشتہار کسی مُتبادل زبان یا ساخت میں چاہیے (جیسے کہ بریل / ایڑی ریڈ) تو پیشنٹ سروسز سے 0300 123 1733 پر رابطہ کریں۔”

Portuguese

“Por favor, contacte os Serviços de Apoio ao Paciente através do número 0300 123 1733, caso precise deste folheto numa língua alternativa ou formato (como Braille / fácil de ler).”

Polish

“Jeżeli pragniecie Państwo otrzymać tę broszurę w innym języku lub formacie (Braille / duży druk) proszę skontaktować się z Obsługą Pacjentów pod numerem 0300 123 1733.”

Chinese

“如果您需要此份傳單的其他語言選擇或其他版本

(如盲人點字版/易讀版容易的閱讀),請致電 0300 123 1733 與病患服務處聯繫。”

Comments

We would value your opinion on this leaflet, based on your experience of having this procedure done. Please put any comments in the box below and return them to the Clinical Governance Department, Finance Department, Worcestershire Royal Hospital, Charles Hastings Way, Worcester, WR5 1DD.

Name of leaflet: _____ Date: _____

Comments:

Thank you for your help.