

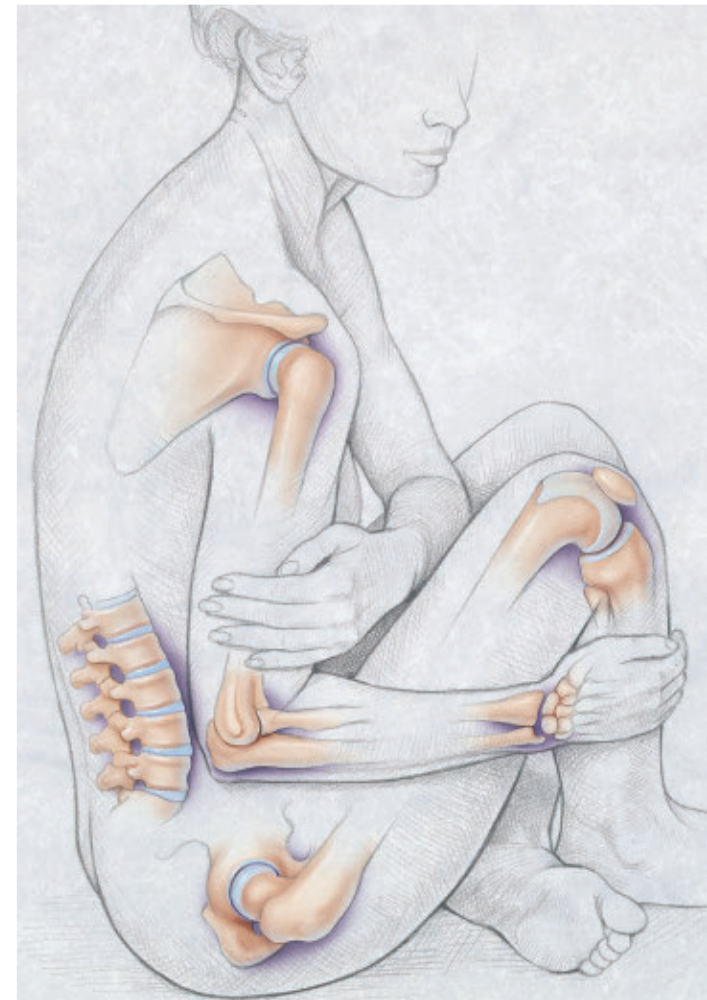
A Strong Anti-Inflammatory

Cortisone is a type of **steroid**. It can greatly reduce **inflammation** (swelling, redness, and irritation). You may have heard about side effects from oral steroids. With oral steroids, side effects can occur throughout the body. But with a cortisone injection, the medicine stays mostly at the injection site. So side effects to the whole body are less likely. (Note that cortisone is not the same as muscle-building steroids you hear about athletes using.)

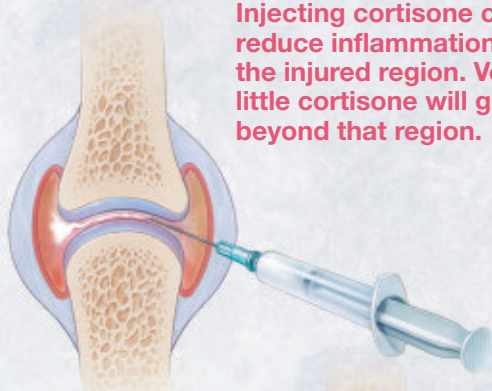


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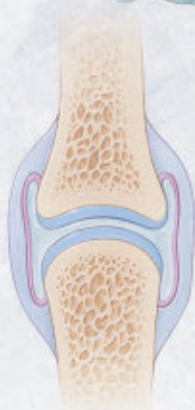
CORTISONE INJECTIONS



Injecting cortisone can reduce inflammation in the injured region. Very little cortisone will go beyond that region.



Inflamed joint before injection



Reduced joint inflammation after injection

After Your Injection

After being injected, be careful not to strain the region that gave you trouble. But do stay active. Depending on the area that was injected, it is often fine to take walks or do other low-impact activities. Ask your doctor when you can go back to all of your regular activities.

Also available in Spanish

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Treatment to Provide
Pain Relief

Why a Cortisone Injection?

Injecting cortisone gets it directly to the inflamed region quickly. Your doctor may suggest an injection if resting, wearing splints, having physical therapy, or taking oral medication hasn't relieved your pain. Injecting cortisone is often done in the office at the time of your appointment. The injection often provides lasting pain relief so you can enjoy life again.

What Does the Injection Treat?

Injecting cortisone can relieve pain for anything from a sports injury to arthritis. You may have an injection for treating inflammation, a sprain, or other problems. Over the course of treatment, your doctor may limit the number of injections you have to a single area.



▶▶ Your pain may be relieved by a cortisone injection.

Your Injection Experience

Being injected with cortisone is simple and doesn't take long. Your doctor may ask you questions about your health. Certain medical conditions, such as diabetes, can be affected by cortisone.

Getting the Injection

First, the injection site is cleaned and may be numbed. Next, you'll be injected with local anesthetics (for short-term pain relief) and cortisone. It may take a moment for your doctor to get the needle to the precise spot. A small bandage will be applied over the injection site. In general, you can go home a short time after your injection.

The Next Day or Two

You may notice increased soreness and pain at the site. This is normal and will go away in a day or so. Icing the site (with a cold pack wrapped in a thin towel) for 15 minutes at a time may help. You can return to daily activities right away. For the first day or two, though, avoid tasks that strain or irritate the injected region.



▶▶ Take it easy after your injection.

Risks and Complications

! *These may include:*

- Brief increase in pain or soreness
- Short-term facial flushing
- Thinning of tissue at injection site
- Skin changes at injection site
- Temporary increase in blood sugar in people with diabetes
- Ruptured tendon (tissue that connects muscle to bone)

