



# Steroid Injection

## Podiatry Service

Your local  
healthcare  
provider

### Benefits of a steroid injection can be:

- Reduction in pain, swelling and stiffness.
- Allow early rehabilitation.
- Reduce the number of treatment sessions.
- Aid return to normal activity.

### Injection procedure

The site of injection is cleansed. The needle is placed into the affected area and the solution is then injected. A local anaesthetic is injected first and should start to relieve pain within minutes. The steroid is injected after the local anaesthesia and can take some weeks to become effective. After a few hours pain may re-occur as the anaesthetic wears off. You should not drive for 24 hours after.

You will be given a review appointment.

Depending on the site of injection you may be offered more than one injection.

### Possible side effects of the steroid injection are:

- Injection site may be sore for approximately a 2-3 days.
- Flushing of the face.
- Fat loss or colour change at the site of injection.
- Diabetic patients may notice an increase in blood sugars.
- Mood swing.
- Infection. If the injection site becomes hot, red and swollen after 24 hours, you should seek medical advice.
- Delayed healing.

### You should not have a steroid injection if you are:

- Pregnant.
- Under 18 years of age.
- Are due to have surgery on the site.
- Do not want the injection.

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