MARITIME SPORT MEDICINE

Maritime Sport Medicine
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STEROID POST-INJECTION INSTRUCTIONS

During your visit today at the Maritime Sports Medicine Clinic you were treated with a steroid injection (steroid injections are also referred to as corticosteroid injections or “cortisone” injections).

Please note:

- Lidocaine numbs the area that has been injected.This medication acts quickly, but wears off in 1 to 3 hours.

- Depo-Medrol (methylprednisolone) is an injectable steroid medication. The pain-relieving effects of this medicine typically begin 3-5 days after the injection, but can take up to two weeks to reach maximal effect. Timing of pain relief varies from person to person and from condition to condition. The general expectation is 3-4 months. For some conditions the results can be more permanent.

Possible Side Effects of the Injection:

- Rarely, a flare of pain or discomfort can occur at the injection site. This discomfort is called a "post-injection flare" and usually subsides quickly, but can last 24 to 48 hours after the injection. This can be treated with an ice pack +/- Tylenol, Ibuprofen, or Aleve (if you do not have medical contraindications to these medications).

- Diabetic patients who receive steroid should monitor their blood sugars closely. If you are on insulin, it may be necessary to adjust the amount you are taking. It is important to contact the physician that treats your diabetes for advice regarding your blood sugar.

- Although rare, some patients may develop a “steroid flush”. This involves a feeling of warmth and redness of the face and neck that typically occurs within a day or two of the injection and resolves quickly on it's own. Please note that this is not an "allergic reaction".

- It is possible, though very rare, that you may develop a small point of skin hypopigmentation at the site of the injection. This resolves over months in the vast majority of occurrences, though can be indefinite. It does not affect skin integrity.

Call or Email the Maritime Sports Medicine Clinic (Mon – Fri from 8:00 am to 3:30 pm) or present to the emergency room (after hours) if any of these symptoms occur:

Shortly after injection:

- Difficulty breathing
- Progressive Rash

The above symptoms may indicate a developing allergic reaction or hypersensitivity to the medications or skin preparation solutions.

Three or more days after the injection:

- Systemic symptoms of infection such as fevers and chills
- Progressive discoloration and/or swelling at the injection site more than 2 days after the procedure (remember, within the first 48 hours this is more than likely a "post-injection flare", as described above)

The above symptoms may indicate a developing infection at the injection site.