

**MAINE MEDICAL PARTNERS – ORTHOPEDICS**

**Division of Joint Replacements**

*A department of Maine Medical Center*

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**CORTICOSTEROID INJECTION INSTRUCTIONS**

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You have just received an injection of corticosteroid, which is an anti-inflammatory drug. Its purpose is to decrease inflammation and tissue irritation.

In the first 24 to 36 hours you may experience an *increase* in discomfort. This is not unusual and is similar to other injections you may have received in the past. You may wish to take Extra-Strength Tylenol, or a similar analgesic, for pain. If pain relief is not achieved with these medicines, a prescription for a stronger medicine will be given to you.

Vigorous activity in the first 48 hours after an injection of corticosteroid should be avoided. After the first 48 hours you may *gradually* increase your activity level.

Only rarely is there a chance of infection with a corticosteroid injection, but it *can* occur. Signs of infection include fever, chills, severe pain, swelling, redness, and warmth in the area. Please call immediately if you have any reason to suspect an infection.

Another *rare* occurrence is “atrophy” in the area of the injection. This means a small loss of tissue bulk underneath the skin. Also, sometimes there can be a loss of skin pigment and loss of hair at the injection site.

Frequent use of corticosteroid injections is not recommended. Generally, we do not inject corticosteroids more often than three times per year for the same problem.

Perhaps you have heard reports about the dangers of “steroids.” There have been cases of inappropriate use of “steroids” in horses and athletes. These incidents involve the use of another type of steroid. When used appropriately corticosteroid drugs are safe and extremely effective.

Hopefully this injection will help solve your problem!

Please call the office at (207) 781-1551 with any concerns.