

CORTISONE INJECTIONS

For those who have just received a cortisone injection (sometimes called steroid injection). These injections are given into areas of arthritis, tendonitis, inflammation or pain. The injection you received is a mixture of **Lidocaine** (an anesthetic or numbing type medication similar to Novacaine), and a steroid called **celestone**.

Pain relief can be expected to come in different cycles after receiving a Cortisone Injection. The Lidocaine is a quick acting medication lasting 2-6 hours. After it wears off, it is common to feel increased discomfort.

The Cortisone (Celestone) part is a slower acting medication. It will take 24-48 hours before you see improvement of symptoms.

Side effects are not common but some patients can develop allergic reactions. This reaction is most commonly associated with the Lidocaine and not the steroid. If you develop itching or a mild rash you can try taking benadryl.

If you develop shortness of breath, chest pain, swelling of your face or throat or any other concerns you should immediately go to an emergency room or call 911.

You can assist with pain control after an injection by applying ice to the area for about 10-20 minutes every hour as long as you experience discomfort from the injection. A prescription or over-the-counter anti-inflammatory such as ibuprofen or Aleve may also help to decrease the discomfort from the injection.

You should not participate in strenuous activities or exercise with the area that was injected for 24-48 hours. If you were given exercises or a referral to physical therapy, you should wait 2 days to begin. Routine daily activities are ok.

If, after a week, your symptoms have not changed at all, please contact the medical assistant in our office at **(804) 452-1635**. The next step may include further testing or a follow-up appointment for Dr. Goradia to re-examine you.