

Care After a Steroid Joint Injection

You had an injection to decrease pain and swelling. It can also help diagnose the source of your pain.

You may be sore at the injection site for the next 2-4 days. For the first 24 hours, you may apply ice to the site for 20 minutes on and 20 minutes off to decrease pain. After 24 hours, you may use heat if needed.

The pain may decrease right away, or it may take days. You received two medicines in the injection. The first will only work for a few hours. The second, a steroid, may not start working for 2-5 days. After the first medicine wears off you may feel like you have more pain. This is called a pain flare. If this happens:

- Limit your activities for the first 24 hours.
- Keep taking your pain medicine as prescribed.

Sometimes, patients feel facial and neck flushing, anxiety, nervousness, mood swings, and trouble sleeping with the use of steroids. These symptoms most often happen within the first 24-48 hours and do not need any treatment. They should go away on their own in a week.

If you have diabetes, steroids will cause your blood sugar to increase. Make sure your primary doctor is aware of this and that you have a plan to keep your blood sugar in your normal range.

You may have some weakness for the next 3-5 hours due to the numbing medicine used. Take it easy. **No** baths or soaking the injection site for 24 hours. Taking a shower is okay.

You may take your normal medicines after the injection. Take your pain medicines as directed.

You will be given a pain log to fill out for the next 14 days. Complete the log and make a copy for your own records. Mail it back to us. This information helps us decide the next step in your treatment plan.

Signs of Infection

- Fever greater than 100.4° F by mouth for 2 readings taken 4 hours apart.
- Increased redness, swelling around the site.
- Any drainage from the site.

Who to Call

The day of the procedure, for any problems or concerns call Madison Surgery Center at **608-287-2200** between 6:00am- 5:00pm.

After hours **if it** is an emergency, please visit your closest emergency room.

If it is **not** an emergency, please contact the ordering provider's clinic or the provider's clinic that performed the procedure. Tell the receptionist you had a procedure that day and need to see your doctor.

To discuss the next steps in your plan of care, contact the provider that ordered your procedure.