



# Steroid Injection

Steroid injections are a powerful, rapid and effective treatment for acute or chronic pain and inflammation.

We have used them at the clinic with our patients for years and have seen fantastic results, with lots of patient testimonials!

“Richard gave me a cortisone injection which has improved my shoulders movement 100%. Without this I would not have been able to return to work. I can’t thank them enough and would highly recommend Back and Body for their professionalism, care and dedication.” **Derek**

*Getting you back **to your best***

## INDICATIONS

### What conditions do steroid injections help with?

Steroid injections are great at treating any condition that has an inflammatory component to the pain. For example Osteoarthritis, tendinopathy, bursitis, damage to cartilage or labrum, synovitis and many more painful conditions.

### What is a steroid injection?

We inject Corticoid steroids like cortisone, which is synthetically created to mimic the body's own natural steroids. It works by reducing inflammation, which in turn reduces pain, breaking this cycle and allowing you an opportunity to undertake appropriate rehabilitation, which can be done with the support of one of our experienced therapists to get you back to your best.

## THE PROCEDURE

### Before the procedure

At your initial consultation, the doctor will take time to understand your symptoms and undertake a thorough assessment to ensure the injection is right for you. It is important to let the doctor know of any known allergies, such as plasters and to inform us if you are pregnant. Please also let the doctor know if you have any medical conditions and take any regular medications including blood thinning medications. This is also a great opportunity to ask the doctor any questions you may have about the procedure.

Prior to your procedure, eat and drink as normal and take any regular medication as usual (unless advised otherwise by the doctor). Please come to your appointment wearing loose, comfortable clothing.

### What to expect during the procedure

The injections are performed using our high-tech fluoroscopic x-ray or Ultrasound for guidance and precision, by using this image guidance for accuracy and safety, the doctor can be confident the injectate is being delivered to the desired location.

Local anaesthetic is used on the injection point to make the procedure as comfortable as possible for you, some patients experience feelings of pressure as the fluid is injected however most patients are often surprised at how quick and comfortable the process is.



## AFTER CARE ADVICE

**Wound care:** You will likely have a small plaster on the injection site. You can shower as normal the following morning but please avoid soaking in baths or hot tubs for at least 48 hrs. You can remove the dressing after 24 hrs.

**Rest:** Studies have shown a period of rest may improve the effect of the injection. It is advised to follow complete rest of the area for 2 days and then to avoid strenuous activity, such as heavy lifting for up to 2 weeks.

**Pain relief:** Occasionally people notice a flare-up in their pain within the first 24 hours of the injection. This often rights itself after just a couple of days, but taking simple pain relief like paracetamol will help. You can also apply an ice pack (10 mins 1x per hour-remember to protect your skin from direct contact with the ice).

### Can I drive after the injection?

We often say that if you can drive here you can drive home, (unless you are having a nerve block procedure). However if you feel more comfortable bringing someone to drive you home then we will welcome them into the clinic and even offer them a cup of tea!

**Follow up:** It is strongly advised to book in to see your physiotherapist at the Back and Body Clinic within 7-10 days after your injection so they can support the next stage of your recovery and progress your rehab to get you back to your best!

### The injection has not worked, what should I do?

Please rest assured that our team will support you. There are often many more treatment options to be explored. Get in touch with our team and we can discuss the next steps.

## EXPECTATIONS

### How long will it take to work?

The injection is a long acting steroid which may take up to 2 weeks to start working. It is often common to not feel a huge benefit for the first day or two and some people may feel worse temporarily, but this should begin to settle within a week.

### How long will it last for?

The procedure can provide you with a dramatic decrease in your symptoms, often the steroid injections are curative, however occasionally the effects are short term. It is safe to repeat the procedure if this happens.

Once the steroid starts taking effect, it can ease your symptoms for anywhere from two months to a year or longer depending on you as an individual. If you do feel the effects wearing off sooner than you would have liked, please don't worry, get in touch with our team, there is often so much more we can do to help.

## COMPLICATIONS

While it is a very safe procedure and every precaution is taken to minimise risk, some complications may still occur in a very small number of cases.

Very rarely you may get an infection from the injection. Please watch out for any redness, swelling, a fever or a severe increase in pain. This is very uncommon and the risk is around 1:20,000.

There is 1:7,000 risk of bleeding, bruising, localised infection or an allergic reaction such as a rash, shortness of breath and dizziness.

Other possible side effects are facial flushing, temporary changes to a women's menstrual cycle and changes in mood. It is also common to see a rise in blood sugar levels for a few days after the injection if you have diabetes.

If you are worried about any of the above, please discuss this with your doctor.

## CONTACT

Should you have any concerns regarding your procedure during clinic opening hours, please contact us directly on **01604 439066**.

If you are concerned out of clinic hours, then please contact **111** or go straight to the closest A&E department.



[BackandBodyClinic.co.uk/injections](https://BackandBodyClinic.co.uk/injections)

01604 439 066 / [info@backandbodyclinic.co.uk](mailto:info@backandbodyclinic.co.uk)