

After the treatment:

You should try and rest for the first 2 – 3 days after the treatment and avoid any activities that normally worsen your symptoms.

How long will it take for the treatment work?

It can, sometimes, take a few days or weeks before any change is noticed, and individuals do vary but most patients report an improvement of their symptoms within 24 – 48 hours. The optimum time to review if an injection has reduced pain and / or reduced swelling is 6 weeks. Please all time to review the outcome and for the injection to improve your symptoms.

How long will the effects last?

Improvement can last for weeks or months and in some cases, improvements last even longer. There is also no guarantee that an injection will work and other treatments may be required as part of your treatment plan.

Side effects:

Side effects from low doses used in the treatment are rare, but can occur. These include:

- Pain at the injection site. This happens in approximately 10% of patients. The pain can be quite severe but should settle down in a day or two. Over-the-counter painkillers, such as paracetamol, can be taken, if required
- Facial flushing – this may occur 24 – 48 hours after treatment, but should settle within a day or two
- Fat wasting – a small amount of sub-cutaneous fat may be affected by the injection leaving an indentation at the injection site.
- Bleeding
- Bruising
- Fat atrophy
- Skin colour changes
- Infection
- Facial flushing
- Internal damage / trauma
- 1 in 10 people suffer a steroid flare (increased pain for 3-5 days)
- Delayed viral clearance
- Occasionally injections fail to work and you may need more than one injection. In some instances we may need to refer you for further investigation and / or surgery.

Post operative information to be given to the patient / parent / guardian and scanned into the patients' medical record:

Date of procedure:	
Name of procedure:	
Name of medication used:	
Amount of medication used:	
Follow-up consultation date / time:	
Emergency contact information:	If you are concerned about a non-urgent query, please feel free to send a photo to info@swpodiatry.co.uk during the times of: Monday – Thursday 9am – 5pm and Friday 9am – 3:30pm (excluding bank holidays) and we will respond within 24 hours. If you are concerned about an infection, please phone 02071646607 during the times of: Monday – Thursday 9am – 5pm and Friday 9am – 3:30pm (excluding bank holidays). If you are concerned about an infection out of hours, please call 111 or speak to your GP directly.

Further information about steroid injections can be found here: www.swpodiatry.co.uk/common-conditions/steroid-injections

If you would like to discuss any of the above information or have any post injection questions, please do not hesitate to contact us via email on info@swpodiatry.co.uk

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