

# Patient Education

## Cortisone Injections

### **What is a cortisone injection?**

Cortisone is a corticosteroid hormone. It decreases your joint's normal defensive inflammation response to injury or damage. These injections can be used to treat many conditions that cause pain in joints. Relief from the pain usually starts 2-3 days after and can last for several months. You may notice immediate pain relief that is usually attributed to short acting anesthetic medication mixed in the injection. That short acting medication can work for 5-12 hours.

### **How is the cortisone injected?**

Your Provider will likely clean the area with special cleanser. They may numb the skin and then they will inject the medication right into the joint. Certain joints may require the Provider to use imaging, like an x-ray or ultrasound. Most people feel some pressure when the needle is inserted.

### **What should I expect after the injection?**

Some people have redness and warmth in the chest and face after an injection of cortisone. This will go away within a few hours. If you are diabetic, the injection may temporarily increase your blood sugars. If you note that your blood sugars are poorly controlled for more than 24 hours, please notify your Primary Care Provider.

Cortisone shots commonly cause pain in the joint that can start 24-48 hours after the injection. This pain is a normal response to the medication and may last for 3-5 days. You can use ice, rest, and over the counter pain medications for this pain. You may notice some redness and swelling around the injection site for the first 48 hours. If this worsens over the first week, it is important to call the office. It is ok to shower but avoid soaking the injection site for 48 hours.