



Royal Orthopaedic Hospital NHS Foundation Trust Patient Information

Ultra Sound Guided Steroid Injections

Welcome to the Royal Orthopaedic Hospital (ROH).
For further information please visit www.roh.nhs.uk

Information about your ultra sound guided steroid injections

Corticosteroid injections

Your injection will be made up of a local anaesthetic and a steroid. Corticosteroids are very effective at controlling inflammation in joints and tissues. The local anaesthetic may cause some temporary numbing of the area.

Following your injection

Following the injection the Radiologist or Sonographer may ask you to rest for approximately 30 minutes before leaving the hospital and we also advise that you rest for the remainder of the day at home.

Normal activities can be resumed the following day, however, you are advised not to do any strenuous exercise for a week.

If it is a tendon injection you may be advised to avoid strenuous exercise for 2 weeks.

We advise you **not to drive** on the day of the treatment and to make alternative arrangements.

Please advise the department if you are on antibiotics for infection, as this generally means that we will need to rearrange your appointment for a date after the course of antibiotics has finished.

You are advised to avoid contact with any known active cases of chickenpox or shingles whilst having steroid therapy.

You should not receive any live vaccines e.g Flu whilst on steroid therapy.

The beneficial effect of corticosteroid may not be apparent until 24 - 48 hours after your injection.

Possible side effects

All drugs can cause side effects, the following occur very rarely with corticosteroid injections.

- **Facial flushing** : This occurs 24-48 hours after the injection. You may feel hot and your face may look flushed. This resolves completely and does not require treatment.

- **Glycaemic control:** If you are diabetic you may notice a slight change in your blood sugar level over the following 5 days. It is advisable to check this.
- **Joint or soft tissue infection:** This occurs very rarely. If the area becomes hot and painful seek immediate medical advice.
- **Post injection flare:** Occasionally your symptoms may be exacerbated by the injection. This will last for 24-48 hours and should be treated with painkillers as required.
- Bleeding or bruising may occur at the injection site.

If you have any concerns following your injection please contact the Radiology Department on Tel: 0121 685 4000 extension 55131