

Cortisone Injection Information for Patients

What is cortisone? Cortisone is an anti-inflammatory medication used to treat pain and inflammation for specific conditions in specific areas. The medicine most commonly used here is Kenalog (triamcinilone) unless otherwise specified by your provider.

What is cortisone used to treat? Cortisone is used to treat arthritis, bursitis, tendonitis, joint swelling, carpal tunnel, frozen shoulder, and plantar fasciitis.

What you should tell the provider prior to injection. If you take daily aspirin or blood thinners. If you have had reaction to cortisone or Novacain in the past. If you are a diabetic. If you have had a recent infection in the area to be injected. If you have had recent surgery in the area to be injected.

Steps of the procedure. The area to be injected will first be cleaned with alcohol or an antibacterial solution. The area is often anesthetized with either a smaller injection (of Novacain) or numbing spray. The injection itself may cause brief discomfort or feeling of pressure. **You may experience more discomfort if fluid is drained from the area prior to injection.

Risks and complications. Common reactions include temporary flare of pain within the first 48 hours, temporary elevation of blood sugar in patients with diabetes, and swelling and/or bruising at the injection site. Less common reactions include skin discoloration or dimpling of the skin in the area of the injection. Rare reactions include infection, nerve damage, weakening of nearby tendon, cartilage, or bone.

Expectations. Pain and inflammation is usually noticeably decreased within 2-10 days depending on the condition being treated.

Instructions. Keep the injection site covered with a band aid for 24 hours. Apply ice to the area if needed for pain and inflammation. You may take over the counter pain relievers as needed. Activity restrictions will be discussed with provider.

Call the office to report. You should call the office if you experience redness, warmth, pain or tenderness in the area of the injection to touch, a temperature greater than 100 degrees with increased pain within 2-14 days after the injection.