



Image guided injection of steroid and local anaesthetic: aftercare

You have had an image guided injection of steroid and local anaesthetic to your _____.

This was performed by Dr _____

Date and time: _____

Blood pressure/Pulse on discharge: _____

Clinical condition on discharge: _____

What to expect afterwards:

- Rest, take it easy and avoid strenuous activity for the next 24-48 hours.
- The dressing needs to stay on for four hours.
- It is normal for there to be a small area of bruising.
- It is normal for the area to feel numb / tingly for several hours (similar to going to the dentist).
- The steroid takes up to two days to start working and may not work fully for 7-10 days.
- A minority of patients experience a “steroid flair”. This is where the skin around the injection site becomes inflamed – red, hot, swollen and painful. It typically starts on the day of or one day after your injection and can last for up to 24-48 hours after your injection.
- Infection is a very rare complication. If after 48 hours the area is red, hot and swollen and / or you start to develop a temperature, you should go and see your GP urgently.
- Some other rarer problems that you may experience include:
 - Skin discolouration with a white dot appearing at the needle site.
 - Thinning of the skin with repeated injections.
 - If your diseased tendon is injected, steroids can weaken that tendon and rarely increase the chance of it rupturing.
 - Diabetic control may be affected for a short period, so please keep a check on your blood sugar levels if you have diabetes.

What to do if you experience a “steroid flair”

Rest the joint / area that has been injected.

Some patients also benefit from applying an ice pack and elevating the area.

You may have the following painkillers at home, which you can take if it is safe for you to do so:

- **Paracetamol** – do not take more than 8 tablets in 24 hours.
- **Anti-inflammatory** – Ibuprofen, Aspirin, etc. You can take one of these in addition to paracetamol if you have moderate pain.

When can I resume my normal lifestyle?

Most normal daily activities can be carried out safely straight away. However, the area you have had injected will also be numb – therefore you can do damage and not realize it. If you try to perform strenuous activities too soon, it may cause the injected drug to spread out and not be as effective.

When can I drive?

If you have been given local anaesthetic only, you may drive later in the day. You should consider whether your wound or pain may prevent you from driving, i.e. being able to perform an emergency stop comfortably.

Contact us

Radiology Day Case Unit on 0118 322 8368 (Monday-Friday 8.30am-5pm).

Out of hours, please attend Royal Berkshire NHS Foundation Trust Emergency Department or your nearest Emergency Department (A&E).

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

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