

## **SOFT TISSUE AND JOINT STEROID INJECTIONS**

Your doctor has recommended a steroid injection as it may help your symptoms. You may find the following information useful.

### **How long does the procedure take and is it painful?**

The procedure only takes a short time, approximately 15 minutes, and should only cause minor discomfort if any.

### **Will it work?**

There are no guarantees that the treatment will be effective, however, the majority of patients achieve good pain relief. In some cases, more than one injection may be required for maximum effect.

### **How does it work?**

The radiologist will use ultrasound to locate the correct position for the injection. The skin will then be marked and cleaned and a small needle placed into the exact spot for the injection. A mixture of steroid and anaesthetic is then injected which can cause a strange sensation for a few moments. The steroid is prepared in a special solution which prevents it circulating and so there are no generalised side effects.

### **Can I do what I want afterwards?**

After the procedure you will be able to go home and do everything as normal, although you should not do vigorous exercise for 48 hours after the injection. It is perfectly safe to drink alcohol and to take any medication after the injection.

### **Will my pain and discomfort disappear immediately?**

Depending on the type of local anaesthetic used during the procedure, the area may remain numb for anytime between 1 and 12 hours. After the local anaesthetic has worn off you may experience worsening of your usual symptoms, but this should wear off after 48 hours at the most. In rare cases patients may experience additional discomfort for up to a week. If you do experience worsening pain then your normal painkiller, or a proprietary anti inflammatory drug is very effective at abolishing the pain and discomfort.

If the symptoms persist beyond this time, or if you have any concerns, please contact our friendly team on 0207 563 9865.

You should arrange an appointment with your doctor 2-4 weeks after the injection to discuss its effectiveness.