



DynamicHealth



## Advice after your Steroid Injection



Cambridgeshire Community Services NHS Trust: delivering excellence in musculo-skeletal services and pelvic health physiotherapy across Cambridgeshire and Peterborough

## Possible side effects

- ◆ You may feel very hot in the face over the first day or so.
- ◆ You may feel some local soreness or pain at the joint.
- ◆ If you are diabetic, you may need to keep a closer check on your blood sugars for a few days.
- ◆ These effects could be due to the chemicals in the steroid reacting slightly in your body, and only happen for a day or so.

## Rare side effects

- ◆ There is a very small chance of an infection happening where the injection is placed. If you have a hot swollen joint a week after the injection, let us know, or go to your GP. To prevent infection, we use sterile techniques.
- ◆ Allergic reactions to the medication. These are also very rare, and we monitor you directly afterwards to make sure you are ok.

## How does the steroid work?

- ◆ It works chemically on the inflammation or swelling inside your joint or soft tissues, and changes the quality of joint oil, and how well it protects your joints.
- ◆ When a joint or structure is painful and swollen, it is difficult to keep the muscles strong around the joint. These normally support the joint, and prevent little stresses and strains building up. If we can reduce the pain, it is then a good time to work your muscles gently to support the joint again.
- ◆ Start gently moving the part after a few days, and build up muscles gradually. Ask your physio, or phone Physio Advice Line on 0300 555 0210 for the right exercises for your problem. But remember, too much activity too soon means that you get less benefit from the injection.
- ◆ Sometimes we need to do a second steroid injection, if the first one has only helped you partly. This can be discussed at your follow-up.

If you do not understand anything on this sheet, please ask.

Follow-up details

(Date).....Time).....

(With)  
.....

(Where)  
.....

## For further information about this service contact:

**General Enquiries:** 0300 555 0123

Physiotherapy Dept, Hinchingsbrooke Hospital, Hinchingsbrooke Park, Huntingdon, Cambs PE29 6NT

Physiotherapy Dept, Brookfields Campus, 351 Mill Road, Cambridge, CB1 3DF

Physiotherapy Dept, Princess of Wales Hospital, Lynn Road, Ely, Cambs, CB6 1DN

Physiotherapy Dept, Doddington Hospital, Benwick Road, Doddington, Cambs, PE15 0UG

Physiotherapy Dept, Rowan Lodge, North Cambs Hospital, The Park, Wisbech, Cambs, PE13 3AB

Physiotherapy Dept, City Care Centre, Thorpe Road, Peterborough, PE3 6DB

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For free, confidential health advice and information 24 hours a day, 365 days a year please contact NHS 111.