



Patient & Family Guide

2023

# After Corticosteroid Injection



[www.nshealth.ca](http://www.nshealth.ca)

# After Corticosteroid Injection

You have been given:

- Lidocaine hydrochloride (Xylocaine® Jelly 2%)
- Bupivacaine hydrochloride 0.50%
- Bupivacaine hydrochloride 0.25% and epinephrine
- Methylprednisolone acetate
- Triamcinolone acetonide

This medication is used to treat discomfort, pain, and/or swelling.

- Local anesthesia (freezing) was injected with the medication. It may ease the pain for:
  - up to 2 hours
  - up to 8 hours
- **You must have someone drive you home after your injection.**
- Rest the injected area as much as possible for the next 48 hours (2 days).
- The injected area may be sore for the next 48 hours.

- For the next 48 hours, you can apply ice as needed, using:
  - › An ice pack.
  - › Ice chips wrapped in a plastic bag or a towel.
  - › A bag of frozen vegetables.
  - › **Do not leave ice on the injected area for more than 15 minutes at a time.**
  - › Repeat as needed, 3 or 4 times a day.
- After 48 hours, you may use other comfort measures, like heat.
  - › Apply heat to any area that hurts using a hot water bottle or a heating pad set at low.
- **Do not apply ice or heat directly to your skin.** Always protect your skin by using a towel under the ice or heat.
- **Do not apply too much ice or heat.** This can cause circulation (blood flow) problems.
- **Do not fall asleep with ice or heat on.**

**Call your primary health care provider (family doctor or nurse practitioner) if you have any of the following symptoms at the injection area:**

- › More pain
- › Swelling
- › Redness
- › Drainage

## **Very important:**

- If you have diabetes, your blood sugar may be high for the next few days. This is caused by the medication you were given.
- You may have flushing (redness) in your face after the injection. This will go away in a few days.

**If you have swelling in your lips, tongue, or throat, call 911, or go to the nearest Emergency Department right away.**

### **Looking for more health information?**

Find this pamphlet and all our patient resources here: <https://library.nshealth.ca/PatientEducation>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

*Nova Scotia Health promotes a smoke-free, vape-free, and scent-free environment.*

*Please do not use perfumed products. Thank you!*

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The information in this pamphlet is for informational and educational purposes only.

The information is not intended to be and does not constitute health care or medical advice.

If you have any questions, please ask your health care provider.

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The information in this pamphlet is to be updated every 3 years or as needed.