



Patient & Family Guide
2019

After Corticosteroid Injection



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After Corticosteroid Injection

You have been given:

- lidocaine hydrochloride (Xylocaine® 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) has been injected with the medication. It may dull the pain for:
 - up to 2 hours
 - up to 8 hours
- Please have someone drive you home after your injection.
- Rest the injected area as much as possible for the next 2 days.
- The injected area may be more painful for the next 2 days.

- If needed, you can apply cold for the next 2 days. You can use:
 - › an ice pack
 - › frozen ice chips wrapped in a plastic bag or a towel
 - › frozen vegetables
- Never leave cold on the injected area longer than 15 minutes at a time.
- Repeat as needed, 3 or 4 times a day.
- After 2 days, you may use other comfort measures such as heat. Apply heat to any aching area. Use 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 as this can cause circulation problems.
- Do not fall asleep with heat or ice on.

Call your health care provider if you have any of the following symptoms at the injection site:

- › increased pain
- › swelling
- › redness
- › drainage

Very important:

- If you have diabetes, your blood sugar may increase for the next few days. This is caused by the steroid medication.
- Some people notice flushing (redness) in their face after the injection. This goes away in a few days.

If you have any swelling of your lips, tongue, or throat, go to the nearest Emergency Department right away.

Looking for more health information?

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

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 Authority 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 brochure 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.