



Patient & Family Guide
2026

After Corticosteroid Injection



www.nshealth.ca

After Corticosteroid Injection

Corticosteroids are medications which help to lower pain, tenderness, and swelling in your body.

- **You have been given:**
 - ☐ Lidocaine hydrochloride (Xylocaine® Jelly 2%)
 - ☐ Bupivacaine hydrochloride 0.50%
 - ☐ Bupivacaine hydrochloride 0.25% and epinephrine
 - ☐ Methylprednisolone acetate
 - ☐ Triamcinolone acetonide
- If local anesthetic (freezing) was injected with the medication, it may help your pain for:
 - ☐ Up to 2 hours ☐ Up to 8 hours
- You may have pain in the injection area for up to 24 hours (1 day) after your procedure. To lower pain and swelling, you may use ice:
 - › **Wrap the area in a towel. Do not put ice directly on your skin. This could lead to skin damage or even a cold burn.**
 - › Put an ice pack, a bag of frozen vegetables, or ice cubes in a plastic bag on the area for up to 15 minutes. Repeat 3 to 4 times a day for 2 days (48 hours).
 - › **Do not** leave ice on for more than 15 minutes at a time. **Do not** fall asleep with ice on.

- The area may be sore for up to 48 hours. Rest the area as much as possible.
- Rest often and get enough sleep. This will also help the medication work better.
- After 48 hours, you may use other ways to manage pain, like heat.
 - › Put heat on any area that hurts. You can use a hot water bottle or a heating pad set on low.
 - › **Wrap the area in a towel. Do not put heat directly on your skin. Do not** put too much heat. This can cause circulation (blood flow) problems.
- Your face may get flushed (turn red or darker in colour) after the injection. This will go away in a few days.

Call your primary health care provider (family doctor or nurse practitioner) if you have any of these symptoms in 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.

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

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

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

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