

## Cortisone Injection Information

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You have been given a cortisone injection today by Dr. Holtkamp. Cortisone injections are used to treat pain and inflammation in a joint or tendon sheath. The name of the cortisone that Dr. Holtkamp has used is Kenalog (*Triamcinolone acetonide*). A short acting numbing medicine called *Lidocaine* may be injected with the cortisone to dull the pain for a few hours.

### **RECOMMENDATIONS:**

1. Be careful handling hot or sharp objects if your injection was given in the hand, wrist or fingers until the numbing medicine wears off as you may not be able to feel if something hot is burning you or something sharp is stabbing you.
2. If your shoulder was injected today, you should avoid overhead activities.
3. You may return to your regular activities as you are able to tolerate them.

### **THINGS YOU SHOULD BE AWARE OF:**

1. After a cortisone injection, some but not all people can experience what is called a "cortisone flare". You may experience an increase in pain during the first 24-72 hours. This may also include some mild redness or warmth of the skin. You can apply an ice pack to the area where you received the injection for 15-20 minutes every 1-2 hours as needed to help with the soreness.
2. For people who have diabetes, your blood sugar level can be elevated for 2 weeks after a cortisone injection. You should check your blood sugar level more often than you normally would after you receive a cortisone injection. In some cases your medication may need to be adjusted for a few days if your level becomes too high.
3. Some patients may have discoloration of the skin at the site of the injection. This can be permanent but in most cases it goes away.