

## Injection Information

You have been given a medicine by injection today from Dr. Brissey. Injections are given into joints, tendons or soft tissues for the treatment of pain and inflammation. The steroids used might include Kenalog, Celestone or Dexamethasone. An anesthetic such as Marcaine or Lidocaine may also be injected with the steroid. The anesthetic may last from 6-30 hours following the injection.

- **The steroid begins to work in 24-48 hours, and may take up to 2 weeks to reach full effect.**

## Recommendations

- Be careful with hot and sharp items the first day after your injection.
- OK to continue regular activities as tolerated after 3 days. Until then no ladder climbing, running, stair climber, etc.
- Some increased pain may occur in the first 24-72 hours. You may apply a cold pack or ice to the injected area for 15-20 minutes every 1-2 hours to lessen the pain.
- For people with Diabetes, your blood sugar may be increased for 1-2 days. Blood sugar levels need to be checked more often after the steroid injection. Sometimes Diabetes medications need to be changed for a few days, if the blood sugar becomes too high. Please consult your primary care physician regarding recommendations.

**Call the office at 815-398-9491 if you develop a fever, swelling and/or increased redness of the joint after the injection.**