

## Patient Educational Information Following a Cortisone Injection

- A cortisone injection is a steroidal anti-inflammatory medication injected into a joint space or bursa which can reduce pain and swelling. It is used to treat anything from sport injuries to arthritis.
- Risks or complications with the injection are rare, but localized pain shortly after injection and elevated blood sugar levels may occur. Some people experience a flushed face 1-2 days afterward. Uncommonly, fat atrophy, tendon rupture, infection and allergic reactions occur.
- Apply a cold compress to the injected area several times throughout the day. Do not apply directly to skin. It is not uncommon for the area to hurt more for the first 1-2 days.
- The painful area may begin to feel better approximately 2-3 days after the injection. The cortisone was mixed with numbing medication which should provide some pain relief for 1-2 days.
- Gently massage the injected area to help disperse cortisone into the tissues.
- Move the joint through a full range of motion every couple of hours for the first 8 hours after the injection.
- Elevate the extremity of the injected area if swelling occurs.

**If you have any unusual symptoms such as a rash, redness or fever,  
please contact our office at 815-398-9491.**