

Local Steroid Injection Care Advice



What is a local steroid injection?

It is an injection given by the doctor to relieve pain or swelling over the joint or soft tissue of the shoulder, hand, leg, foot and spine.

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What are the common medications that are used for the injection?

Lignocaine / Marcaine

Lignocaine / Marcaine numbs the joint and acts as a local anaesthetic agent. The effect may last 6 to 12 hours.

Hydrocortisone

Hydrocortisone is a steroid that is used to decrease the pain and inflammation. It may take 1 to 2 weeks to take effect.

After the injection, you are required to stay in the clinic for at least 15 minutes to monitor any symptoms of allergies such as general rash, itchiness or hot flushes.

The plaster can be removed two hours post injection or according to the doctor's orders.

Some people may have intense pain for the first 12 to 24 hours after the injection. Take the prescribed analgesia to relieve pain.

Please avoid any activities post injection, e.g. running, jogging, and lifting of heavy things.

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What are the possible localised side effects?

There may be swelling and pain around the injection site, which should go off after 5 days.

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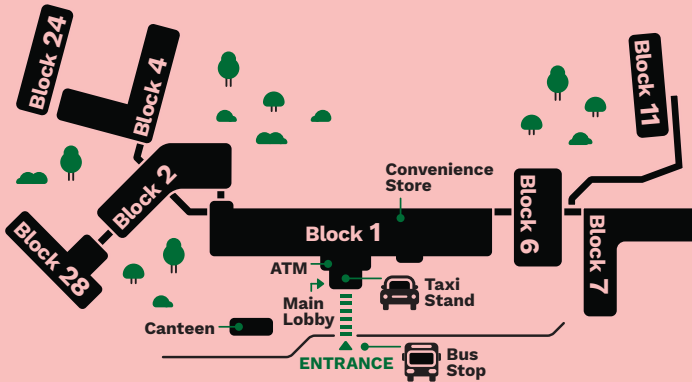
When should I seek medical help?

Consult a doctor (family doctor or specialist) or call our **Main Line** at **+65 6472 2000** if the above side effects do not go off within several days or if you experience other rare side effects / severe allergy symptoms such as:

- Redness
- Eyes, face, lips and tongue swelling
- Difficulty in breathing
- Shortness of breath
- Wheezing
- Fever

After office hours, please proceed to the nearest Emergency Department.

How to Get Around Alexandra Hospital



Block 1

Level 1

- Clinic F, Clinical Measurement Centre
- Pharmacy

Level 2

- Clinic J, Integrated Care Clinic | Well Clinic
- Clinic K, Healthy Ageing Clinic | General Surgery Centre

Level 3

- Ward 7

Block 2

Level 1

- Clinic D, Dental Centre
- Clinic E, Orthopaedic Centre | Anaesthesia Outpatient Consultation Clinic

Level 3

- Day Surgery Operating Theatre (DSOT)

Block 4

Level 1

- Ambulatory Surgery Centre
- Endoscopy Centre
- Rehabilitation 1

Level 2

- Wards 2 and 3

Level 3

- Wards 4 and 5
- Intensive Care Unit 2 (ICU 2)

Block 6

Level 1

- Diagnostic Imaging 2 (DI 2)
- 24-HR Urgent Care Centre

Level 2

- Diagnostic Imaging 3 (DI 3)
- Major Operating Theatres 1 and 2 (MOT 1 & 2)

Level 3

- Major Operating Theatres 3 and 4 (MOT 3 & 4)
- Intensive Care Unit 1 (ICU 1)

Block 7

Level 1

- Wards 8 and 9

Level 2

- Wards 10 and 11

Level 3

- Wards 12 and 13

Block 11

Level 1

- Rehabilitation 2

Block 24

Level 1

- Active Health Lab

Block 28

Level 1

- Care and Counselling
- Clinic A, Ear, Nose and Throat Centre (ENT Centre)

Level 2

- Clinic B, Eye Surgery Centre

The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical conditions. Information is accurate at time of printing (June 2019) and subject to revision without prior notice.

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