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Local Steroid Injection Care Advice



General

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.

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.

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.

Hydrocortisone

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

What are the possible localised side effects?

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

When should I seek medical help?

Consult a doctor (family doctor or specialist) or call our Main Line at **+65 6908 2222** 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.

Notes: