

Musculoskeletal Steroid Joint and Soft Tissue Injections

Your clinician administering the injection will discuss the side effects with you at the time of the injection. These are very unlikely.

What are the Potential Side Effects

Steroid flare reaction: Frequently people notice a flare of symptoms within the first 24 to 48 hours after an injection. This usually settles on its own within a couple of days. Use your usual pain killers to relieve symptoms.

Infection: Very rarely infectants might be introduced into the joint or soft tissue at the time of an injection, the incidence of infection within a joint is between 0.03% to 0.001%. If the joint becomes more painful and hot, red, or swollen; you should see your doctor immediately or attend A&E.

Thinning of skin: Occasionally some thinning of the skin may occur at the injection site. This is more likely to happen if you have a higher dose of steroid.

Skin pigment change [hyper or depigmentation], which can improve over time but may persist.

Subcutaneous fat atrophy Occasionally thinning of the protective fat cushion around the bones of the foot could occur after steroid injection around the foot.

Change in glycemic control: People with diabetes may find that the steroid injection affects their blood sugar control; sometimes you may notice a temporary blood sugar rise. It is recommended that you check your blood levels more regularly; it may take between 1-3 weeks for them to settle.

Facial flushing This happens to about 5% i.e., 1 in 20 people and involves circulation changes and the face becoming redder. This usually resolves within a day but may last up to 2 days.

Menstrual disturbances Very rarely, following an injection some women may have missed period(s) or menstrual disturbances. If this does occur, it normally settles quickly.

What should I expect after my Joint Injection?

- We advise you spend time in the clinic waiting area and make sure you feel well before you leave. Avoid strenuous activity for the rest of the day.
- The injected area may be numb for up to 24 hours.

- The injected site and below the injection site may be sore for one to two days.
- Do not use heat pads or any other form of heat on the injection site for two days following the injection. You may however choose to use an ice pack on the injection site as required if you find this beneficial.
- For a weight bearing joint we recommend that you rest and gently potter around at home for 2 days post injection to improve the likelihood of a good response.
- You may develop a bruise at the injection site.
- Most people notice improvement in their pain in 2 weeks. Maximum improvement of your pain may take up to 6 weeks following your injection.

IMPORTANT: If you develop a rash or if the injection site is red, hot, swollen, or painful, you may be developing an infection. Please contact your GP urgently or attend A&E.

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

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Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

Se precisa de uma tradução por favor contacte: 01932 723553

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