

# ***Patient Instructions***

## ***Steroid Injections***

Dr. Cole has injected your joint in order to reduce the pain and inflammation that you are experiencing. Please note that not everyone will have a lasting response following the injection. Here is some information that he would like you to have:

- **Content**

The injection consists of two medications: Cortisone (a steroid) and Lidocaine (numbing agent)
  
- **Post-injection Instructions**

It is recommended that you refrain from any high level activities using the joint or limb that was injected for approximately 48 hours.
  
- **Possible Side-effects**
  - **Skin discoloration**

Individuals with dark complexions may experience some skin discoloration locally at the site of the injection.
  
  - **Steroid Flare-up**

There is also the possibility of an increase in discomfort within 48 hours of the injection. This is called a “steroid flare-up.” To avoid this, abide by the activity restriction above.
  
  - **Infection**

Finally, there is a small chance of infection (less than 1%). If you notice any of these signs or symptoms, you should contact Dr. Cole’s office immediately at 312-243-4244:

    - redness
    - increased warmth
    - drainage
    - fever over 100 degrees