

Steroid Injections

Cortisone injections are shots that help to reduce inflammation caused by conditions that affect the joints, tendons, ligaments, nerves, or other bodily structures. (I.e., arthritis, meniscal tears, greater trochanteric bursitis, etc.) When inflammation is reduced, you experience pain relief in the affected area. We include lidocaine and bupivacaine in your injection to help with temporary pain relief.

You may experience the following side effects after an injection:

- Headache
- Facial flushing (redness & a feeling of warmth of the chest & face) This usually resolves after 24 hours.
- Sleep problems (insomnia)
- Irritability
- Increased energy
- Increased appetite
- *If you are diabetic, an injection might temporarily increase your blood sugar levels. You may need to adjust your diabetic medication accordingly.*

After your injection, you may ice the area for up to 20 minutes at a time for the next few days. It is important to follow instructions regarding rest, rehabilitation exercises, and other treatments to help you achieve the best results for your specific condition.

It takes between 2 days and 2 weeks for the cortisone to take effect. Most people experience reduced inflammation and partial or complete symptom relief for several months. However, the duration and extent of relief can vary among individuals.

Michael Neel, MD

Medical Assistant - Julie McOwens
main: 901.641.3000 direct: 901.259.1638