

Patient information Leaflet

Steroid Injections for Joints & Soft Tissue

1. After the injection you may be sore for a couple of days.
2. The benefit may take up to a week or more to develop so be patient.
3. There are rarely any serious complications from this treatment. Less than 1/20000 people develop an infection. If this happens to you the pain will increase over the next week or ten days accompanied by fever. Get in contact with your doctor.
4. Minor side-effects: a “red face” reaction may develop in some people (5%) for a day or two. This is absolutely no cause for alarm.
5. If the injection is close under the skin, long acting steroids may dissolve the fat causing a bluish white patch of this skin which can take several years to clear. This is avoidable in 99% of cases by correct technique.

One dose rarely causes any disturbance to your metabolism or hormonal balance. Frequent or repeated doses of medium to high doses (over 40mg depot steroid) can disrupt the menstrual cycle, cause postmenopausal bleeding, or any or all of the side effects of long-term oral steroid usage. In musculoskeletal conditions, only small doses are used infrequently so these unwanted effects are extremely unlikely to occur.

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