

GLENELG
ORTHOPAEDICS



Steroid Injections Patient Information

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Steroids are used to reduce inflammation which may be caused due to variety of diseases.

They are not specifically an analgesic but work to reduce inflammation in a localized region and therefore hopefully reducing pain in the area.

The steroid is given via injection in a specific area affected by the pain.

These injections can reduce or even fully relieve any pain. The analgesic effect varies between patients and often more than one injection may be required.

It is a relatively safe medication that is either administered by a Doctor in their rooms or can be administered under guidance during ultrasound.

The medication is mixed with local anaesthetic and injected into the area where pain is experienced.

Side effects of the medication are uncommon but can include; local bleeding from a broken vessels in the skin or muscle, soreness at the injection site, aggravation of inflammation of the injected site because of reactions to the corticosteroid medication. There is a slight risk of infection but is very rare.

If you have diabetes, the steroid injection can elevate your blood sugar level.

If you have an active infection steroid injections are not recommended as they can suppress the body's natural ability to fight infection.

Steroid injections are generally not recommended for people with blood clotting disorders.

If a steroid injection is recommended for treatment I will always discuss this information further with you.