

#weareNHFT



Northamptonshire Healthcare
NHS Foundation Trust

LOCAL STEROID INJECTIONS POST INJECTION

PODIATRIC SURGERY

INFORMATION LEAFLET

 01327 708102

 nhft.nhs.uk/podiatric-surgery



**MAKING A
DIFFERENCE
FOR YOU,
WITH YOU**

YOUR INFORMATION

You have just received a corticosteroid (steroid) injection. The steroid reduces the swelling and pain you have in your foot.

Date seen in clinic:	
By clinician:	
Location:	Isebrook Hospital Danetre Hospital Other
Patient Name:	
Date of Birth:	

Steroid given:	
Dose:	
Batch no:	
Expiry date:	

Injection site:	
Local anaesthetic given:	
Dose:	
Batch no:	
Expiry date:	

CONTACT US

If you have any questions or concerns about local corticosteroid injections, please contact the podiatric surgery team.

e-mail: podiatric.surgery@nhft.nhs.uk

telephone: 01327 708102

If you feel it is urgent and you need to contact someone outside of office hours, telephone your GP, Out of Hours service or attend Accident and Emergency (A&E) at your local hospital.

WHAT ARE THE RISKS AND POSSIBLE SIDE-EFFECTS?

COMMON SIDE-EFFECTS (MAY AFFECT UP TO 1 IN 10 PEOPLE)

- **Soreness/bruising** from a steroid 'flare' (unpredictable local reaction) at the site of injection. This can occur four to 12 (4 to 12) hours after the injection but normally wears off in less than 72 hours. Take over-the-counter painkillers (i.e. paracetamol) and apply ice to the area to ease the pain
- **Increase of pain at the injection site** (for up to seven days)
- **Small area of fat loss** (skin dimpling) at the site of injection
- **Change in skin colour** around the site of injection
- **Light headedness**
- **Temporary bruising or bleeding** at the site of injection (especially if you are taking blood thinning tablets such as aspirin or warfarin)
- **Flushing or redness of the face** for a few hours up to 24 to 48 hours

RARE

- **Diabetic patients** may notice a temporary increase (a few hours) in blood sugar levels
- **Haematoma** (localised collection of blood) at the site of injection
- **Fainting**
- **Worsening pain** – for example from irritation of a nerve by the injection needle

VERY RARE

- **Infection at the site of injection**
If the area becomes red, hot, swollen and painful for more than 24 hours, or if you feel generally unwell, you should contact your Podiatric Surgery Team immediately. If they are unavailable, you should seek advice from your GP or Accident and Emergency (A&E) department
- **Convulsion (fits)**
- **Cardiac arrest** (stopping of the heart)
- **Anaphylactic reaction** (for example a serious allergic reaction)
- **Slight vaginal bleeding / menstrual irregularities.** If it lasts longer than one cycle you should see your doctor
- **Tendon rupture**

PLEASE ASK IF YOU HAVE ANY FURTHER QUESTIONS REGARDING YOUR SURGICAL CARE.



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www.nhft.nhs.uk



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Inspected and rated

Outstanding ☆



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If you require this leaflet in other formats or languages please contact PALS: 0800 917 8504

এই লফিলটেটটি যদি আপনার অন্য কোনো ফরম্যাটে বা ভাষায় প্রয়োজন হয়, তবে অনুগ্রহ করে 0800 917 8504 নম্বরে পালস এর সাথে যোগাযোগ করুন

Jeżeli się skrajutę norite gauti kitu formatu ar kalba, kreipkitės į PALS: 0800 917 8504

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub języku,

prosimy o kontakt z PALS pod numerem telefonu 0800 917 8504.

Dacă aveți nevoie de acest prospect în alte formate sau limbi, vă rugăm să contactați PALS: 0800 917 8504

Если Вы хотели бы получить данную брошюру на другом языке или в другом формате, просим обращаться в PALS (Информационная служба для пациентов) по 0800 917 8504.