

## Corticosteroid Injection for MSK conditions

This leaflet can be made available  
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式  
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona  
w innych językach/formatkach.

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**Document Number:** STHK1699  
**Version:** 002  
**Review Date:** 01 / 05 / 2026

## Steroid Injections

A steroid injection can be given to help reduce pain and swelling in a joint or the surrounding soft tissue. Therefore reducing pain.

There may be some pain following the injection, but this usually wears off within a couple of hours.

Occasionally there can be an increase in pain for 24-48 hours after the injection. This should then settle in a couple of days.

Most people experience reduction in pain in the first 24 hours, however this can take up to 2 weeks to resolve.

## Side Effects

Occasional:

- Facial flushing (redness of the cheeks), usually stops within 48 hours.
- Temporary bruising.
- Thinning of the skin at injection site.
- Loss of skin colour at the injection site.
- Alteration in sugar level in people with diabetes.
- Some menstrual disturbances can be noted. If this persists seek your GP's advice.

Rare:

- Infection: if the injection site becomes hot and swollen and you develop a fever, contact the department, your GP or A&E if other options not available.
- Tendon rupture.
- Allergic reaction: you will be asked to wait for 15min post injection to ensure no concerns.

## Post Injection

You will be asked to stay in the waiting room for 15min post injection in case of any allergic reaction.

Relative rest post injection from 3 days to 2 weeks as advised by your therapist is important.

It is important to keep the joints moving, but no heavy work.

Your therapist will advise any exercises that you need to complete, or supports required.

The sticky dressing/plaster applied can be removed the following day.

If you develop any symptoms or have any concerns, please call: 0151 430 1237

Therapist