



Southeast Spine
and Pain Associates

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Shoulder/Hip/Knee Steroid Injection

15 minutes

Driver Required If In Dominant Arm/Leg

About your procedure:

Steroids are chemicals that occur naturally in the body. Steroid medicines can be used to reduce inflammation and are used to treat many different conditions. A local steroid injection may be given to reduce inflammation and pain in a joint. Steroid injections may be used for people with rheumatoid arthritis or other causes of joint pain and swelling such as osteoarthritis, gout, or frozen shoulder. Steroid injections may also be used for inflammation of soft tissues.

Steroid injections can be very effective but should be used with other treatments. Other treatments may include medicines for pain relief and physiotherapy, depending on the underlying condition. The side-effects from steroid injections are uncommon. However, the injected area may be sore for the first few days after the injection.

The main purpose of the steroid injection is to decrease pain and increase movement and use of the affected area. Steroid injections are usually well tolerated and much less likely than steroid tablets to cause serious side-effects.

Read More: <https://patient.info/health/steroid-injections>

Instructions:

- Stop any anti-coagulants (blood thinners) as advised by your physician.
- All procedure preparation instructions must be followed by the patient, or the physician reserves the right to reschedule your procedure.
- Inform your physician before your procedure if you are or could be pregnant.

What to expect:

- If you experience an increase in pain the day following your procedure, remember that this is normal. This pain is due to the local anesthetic from your procedure wearing off.
- Pain relief varies by each patient. Some patients experience relief immediately after the procedure, and some patients may require a few days for the procedure to take effect.

Complications to look for:

- Numbness, weakness, or tingling in your limbs (arms & legs) lasting greater than 24 hours
- New or unusual headaches or neck stiffness
- Unusual swelling or redness around the injection site
- If you experience any of these symptoms, please call our office at (865) 633-9469.
- If you experience difficulty breathing, chest pain, or any emergency, please call 911 or go to the nearest emergency hospital.