

Recap Cortisone shots are used to treat people who have joint pain and inflammation, often at the knees and shoulders. But there are side effects. Some people have a cortisone flare reaction after the shot. It's usually easy to treat the flare yourself, but there are times when you may need to call a healthcare provider.



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## What Can Cause Pain After a Steroid Shot - Verywell Health



Pain and swelling. In older people, a meniscus tear often causes swelling and an overall aching pain in the knee. Treatment Options For Meniscus Tears. . Instead, a cortisone injection, which is an anti-inflammatory medication that can be injected into the knee, can reduce inflammation, swelling and pain caused by arthritis. .

## Epidural Steroid Injections: Risks and Side Effects



A cortisone shot refers to an injection of a corticosteroid medication into a joint. It helps manage pain and inflammation. A local anesthetic is often administered at the same time, too. Cortisone shots can cause side effects like short-term pain and inflammation, skin changes, and higher blood glucose (sugar) levels.

## Lumbar Epidural Steroid Injection - Cleveland Clinic



an infection, causing redness, swelling and pain - get medical advice as soon as possible if you have these symptoms a loss of fat where the injection was given - this can cause dimples in the skin and may be permanent paler skin around the site of the injection - this may be permanent

## Steroid injections - NHS



Cortisone shots are injections that can help relieve pain, swelling and irritation in a specific area of your body. They're most often injected into joints — such as the ankle, elbow, hip, knee, shoulder, spine or wrist. Even the small joints in the hands or feet might benefit from cortisone shots.

## Steroid Injections: Purpose, Benefits, and Side Effects - WebMD

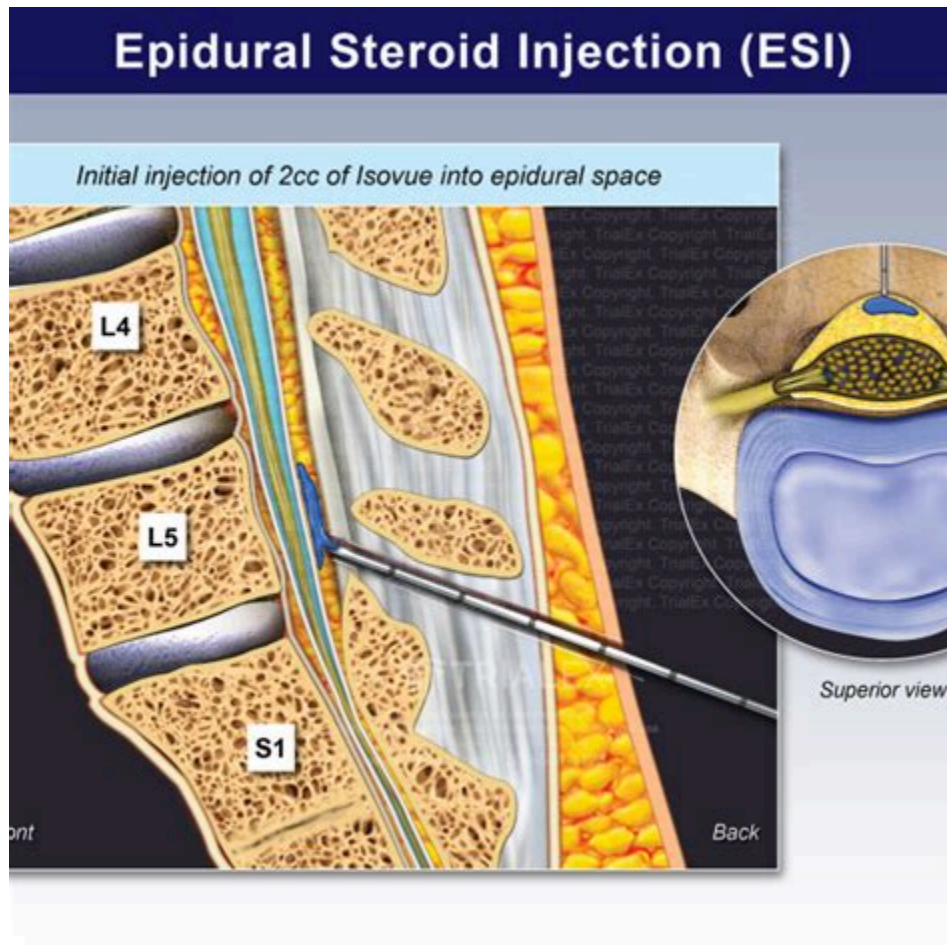
**Side-effects of steroid injection therapy**

Systemic side-effects	Local side-effects
<ul style="list-style-type: none"><li>■ Facial flushing</li><li>■ Menstrual irregularity</li><li>■ Impaired diabetic control</li><li>■ Emotional upset</li><li>■ Hypothalamic – pituitary axis suppression</li><li>■ Fall in ESR/CRP</li><li>■ Anaphylaxis</li></ul>	<ul style="list-style-type: none"><li>■ Post injection flare of pain</li><li>■ Skin depigmentation</li><li>■ Subcutaneous atrophy</li><li>■ Bleeding / bruising</li><li>■ Steroid "chalk"</li><li>■ Soft-tissue calcification</li><li>■ Steroid arthropathy</li><li>■ Tendon rupture or atrophy</li><li>■ Joint / soft-tissue infection</li></ul>

What are cortisone shots (steroid injections)? A cortisone shot is an injection of medicine that relieves pain and reduces inflammation (swelling). Healthcare providers also call them steroid injections or steroid shots. These are the same treatment — a dose of a corticosteroid injected into your body.



## Epidural Steroid Injection (ESI) - Cleveland Clinic



What causes post-injection inflammation? The most common cause is the skin or the immune system's response to the needle or the medicine. Less common causes include an allergic reaction to the medicine. In rare cases, an infection at the injection site can occur. Symptoms of post-injection inflammation

## Steroid Injections: Uses, Types, and Side-Effects | Patient



These may include a little swelling, tenderness, pain, itching, or redness around the area where the injection was given. Typically, any minor discomfort goes away in one or two days. However, as with all medications, there can be serious adverse reactions or side effects that require prompt medical care.

## Injection Side Effects and When to Seek Medical Help - Verywell Health



When a needle breaks the skin, it may cause a small amount of pain; however, what constitutes an actual injection-site reaction? The following discussion describes the adverse effects (AEs) that make up true injection-site, or "local," reactions and how pharmacists should respond to them.

### Cortisone shots - Mayo Clinic



Hand surgeon Steven Goldberg, MD, answers your questions about steroid injections. There are different types of steroids. . Injection site pain may occur and last for 3 days. Bruising and swelling may occur as well. In diabetics, elevated blood sugar may occur and last for 3-5 days. In most cases the elevation is mild and does not require .

## Ask a Doctor: Steroid Injections | The Hand Society



Save. Headache is a common side effect of epidural steroid injection. Side effects after an epidural are usually not serious. A few examples include (but are not limited to) 2 Manchikanti L, Buenaventura RM, Manchikanti KN, et al. Effectiveness of therapeutic lumbar transforaminal epidural steroid injections in managing lumbar spinal pain.

## Cortisone flare: Causes, side effects, and management - Medical News Today



The main goal of lumbar epidural steroid injections is to manage chronic pain caused by irritation and inflammation of the spinal nerve roots in your low back (the lumbar region of your spine) due to certain conditions or injuries.

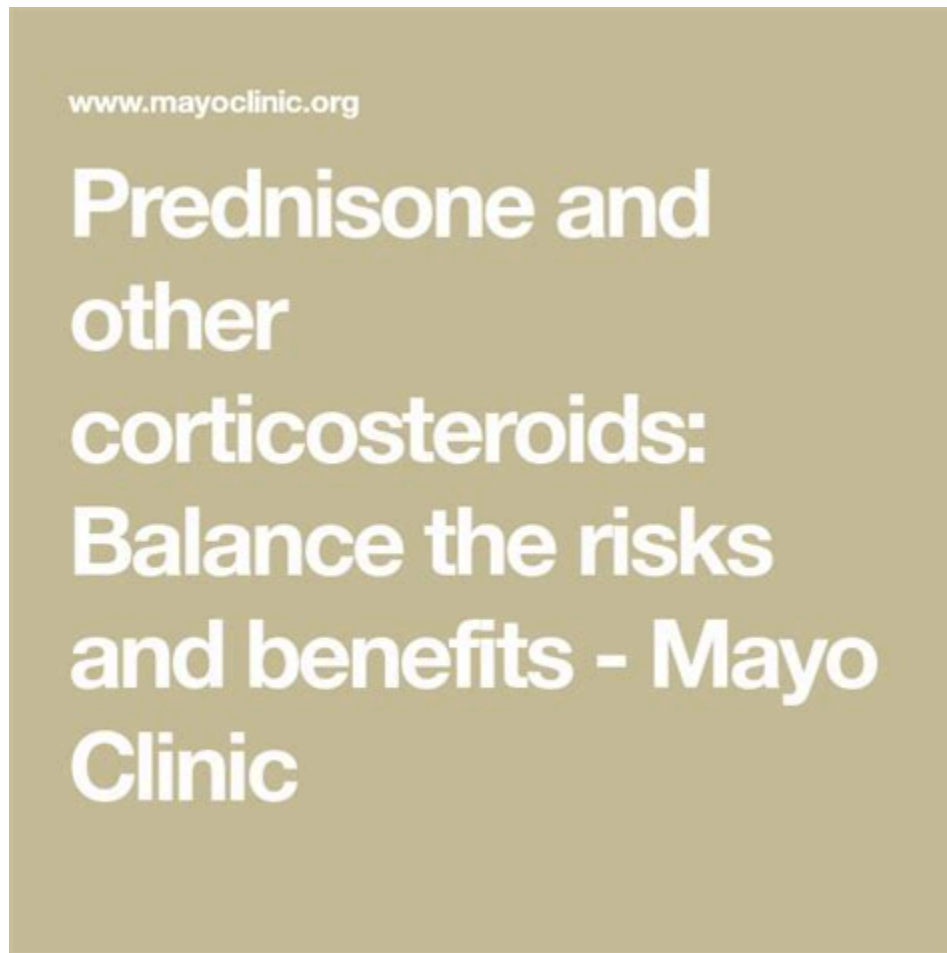


## Steroid injections - tendon, bursa, joint - UF Health



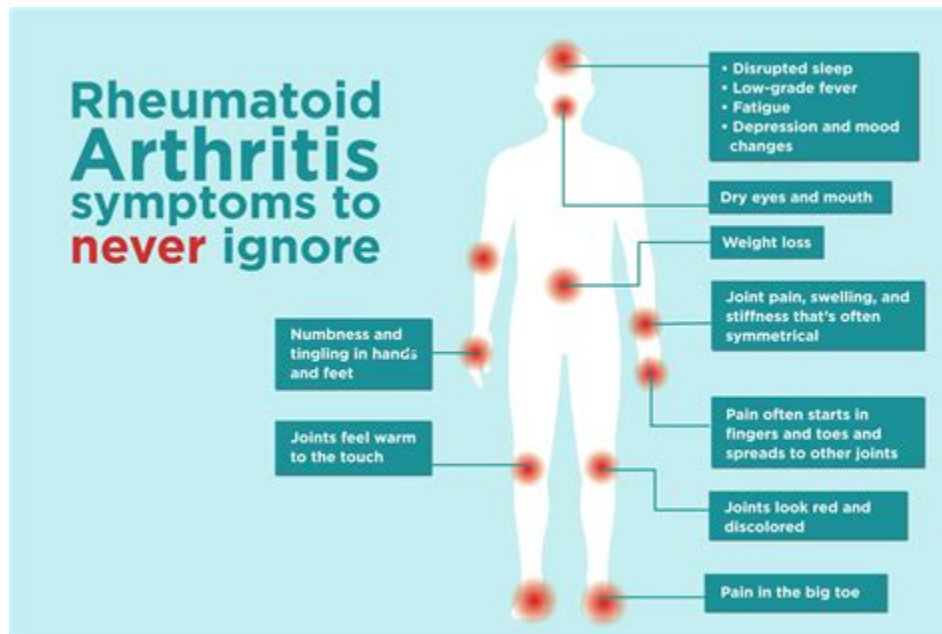
Steroid injections can be given into a bursa, joint, or tendon. A bursa is a sac filled with fluid that acts as a cushion between tendons, bones, and joints. Swelling in the bursa is called bursitis. Using a small needle, your provider will inject a small amount of corticosteroid and a local anesthetic into the bursa.

## **Prednisone and other corticosteroids - Mayo Clinic**



Steroid injections into joints, muscles, and other soft tissues usually treat arthritis or injury at specific sites in the body. Doctors will often inject steroids near the spine for pain relief.

## Cortisone Injection Risks and Side Effects | Arthritis-health



An epidural steroid injection (ESI) is an injection of anti-inflammatory medicine — a steroid or corticosteroid — into the space around your spinal nerves known as the epidural space to treat pain caused by irritation and inflammation of spinal nerve roots. Healthcare providers use ESI injections as a chronic pain management tool.

## Cortisone Shots (Steroid Injections): Benefits & Side Effects

### THE BENEFITS OF CORTISONE INJECTIONS

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There are many potential benefits of cortisone injections, including:

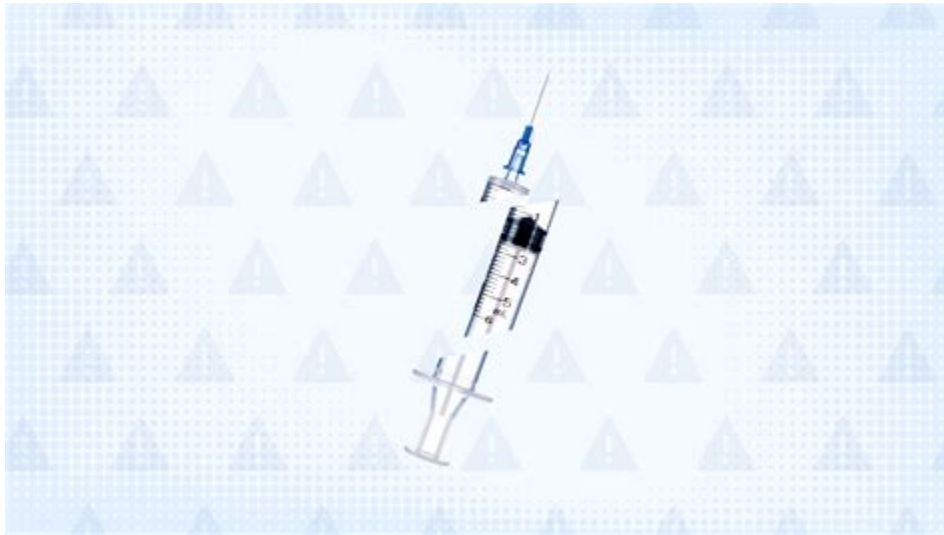
- Treating unmanageable pain
- Improving work and social lives
- Improving joint function
- Limiting the necessity for invasive procedures
- Confirming a diagnosis

**Mufaddal Gombera, MD**  
ORTHOPEDIC SURGERY & SPORTS MEDICINE



Key takeaways: Injection site reactions are areas of skin redness, swelling, and warmth. They can develop after you get a vaccine or an injectable medication. Injection site reactions will go away on their own. In the meantime, you can get relief with warm compresses and over-the-counter pain medications.



## 7 Cortisone Shot Side Effects and How to Manage Them - GoodRx



This form helps treat swelling after eye surgery. Topically. Creams and ointments can help heal many skin conditions. By injection. This form is often used to treat muscle and joint symptoms, such as the pain and inflammation of tendinitis. What side effects can corticosteroids cause? Corticosteroids carry a risk of side effects.

## Injection-Site Reactions and How to Manage Them - Pharmacy Times

### INJECTIONS 101

Types of Injection	Potential Complications	How to Safely Administer Injections
<ul style="list-style-type: none"><li>• <b>Subcutaneous Injection (SC)</b> Delivers medication into the layer of fat just under the skin</li><li>• <b>Intramuscular Injection (IM)</b> Delivers medication into a muscle</li><li>• <b>Intravenous Injection (IV)</b> Delivers medication directly into a vein</li><li>• <b>Intraosseous Injection (IO)</b> Delivers medication into bone marrow</li><li>• <b>Intradermal Injection</b> Delivers medication in between the layers of the skin</li></ul> 	<ul style="list-style-type: none"><li>• <b>Infection*</b></li><li>• <b>Reaction</b></li><li>• <b>Pain</b></li><li>• <b>Administration Error</b></li><li>• <b>Needlestick Injuries</b></li></ul> <p>*Minimize risk with proper cleaning and the use of aseptic, no-touch techniques</p> 	<ul style="list-style-type: none"><li>• Have good hand hygiene</li><li>• Maintain a clean environment</li><li>• Prepare medications in clean conditions using a no-touch technique</li><li>• Special skin cleaning (when necessary)</li></ul> <p><b>After Injection</b></p> <ul style="list-style-type: none"><li>• Wash hands</li><li>• Immediately dispose needles in a designated sharps box</li><li>• Watch out for any reactions/side effects</li></ul> 



3 min read What Are Steroid Injections? Steroid injections are man-made drugs very similar to cortisol, a hormone your body makes in your adrenal glands. "Steroid" is short for.



## **Steroid injections: What are they for, and how do they work?**



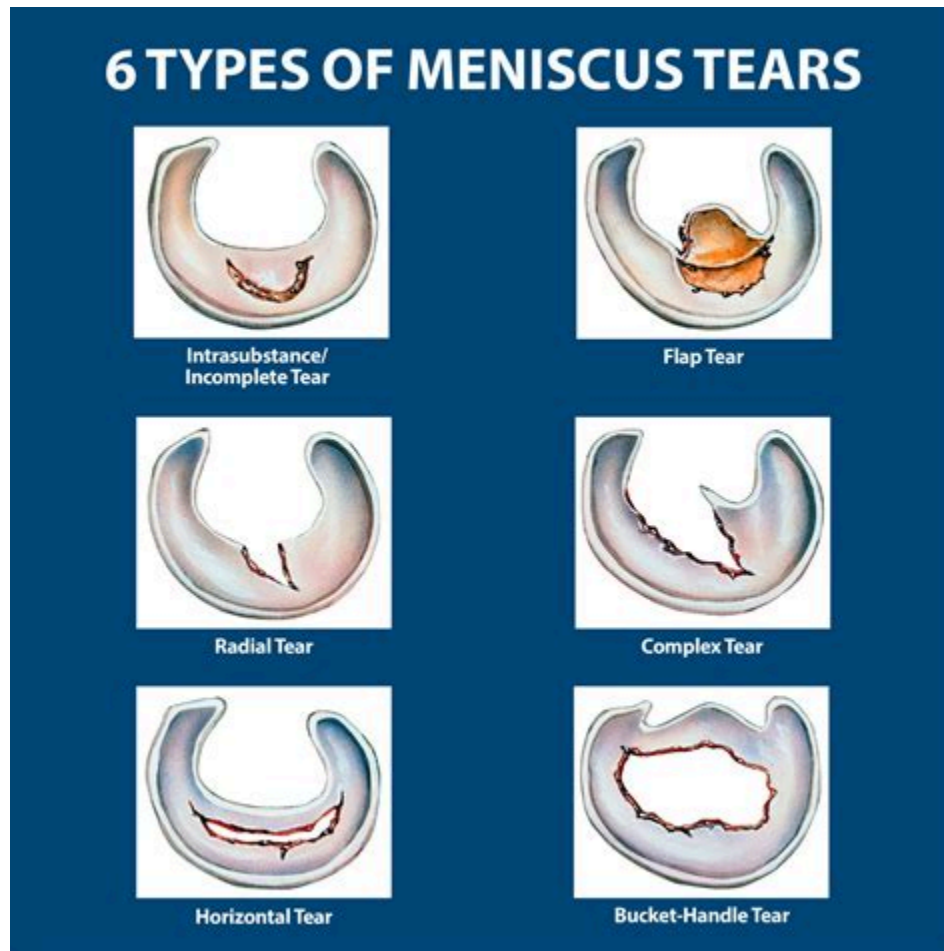
**Pain and Swelling (Cortisone Flare)** The injected cortisone medication can crystallize inside the body. The crystals can cause pain and inflammation that is worse than the pain and inflammation caused by the condition being treated. This side effect is called a cortisone flare.

## Injection Site Reactions: How to Get Relief After a Shot - GoodRx



Infection: This causes redness, swelling, and pain. Infection is rare but requires immediate medical attention to prevent joint damage. It is most common in people with diabetes. Bruising: This.

## Symptoms Of A Meniscus Tear—And When To Seek Treatment



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, such as: Bursitis, prepatellar bursitis, olecranon bursitis. Tendinopathies - eg, Achilles tendinopathy.

- <https://telegra.ph/Leo-Pharma-A-S-Annual-Report-2019-02-06>
- <https://player.soundon.fm/p/faf68c73-f19c-47c8-a4ca-ccec65358724>
- <https://publiclab.org/notes/print/47406>