

## Your Knee Injection: Corticosteroid

You have received a combination injection of a local anesthetic and a corticosteroid. This treatment aims to provide immediate pain relief and reduce inflammation over the longer term.

### What is in the Injection?

1. **Local Anesthetic:**
  - **Purpose:** Provides immediate pain relief.
  - **How it Works:** The local anesthetic numbs the injection area, reducing pain **almost instantly**.
  - **Duration:** The effects typically last for a few hours after the injection.
2. **Corticosteroid:**
  - **Purpose:** Reduces inflammation and provides long-term pain relief.
  - **How it Works:** The corticosteroid reduces inflammation in the knee, which helps to decrease pain and swelling.
  - **Duration:** It may take a **few days** to feel the full effects of the corticosteroid. The pain relief is variable but **can last up to 4-6 months**

The response to the injection provides me with information about the location and nature of your pain, so please make note of your response immediately and again a few days later

### Immediate Post-Injection Care

- **Pain Management:** You may experience some pain or discomfort at the injection site. Over-the-counter pain relievers like acetaminophen (Tylenol) can help manage this. Avoid non-steroidal anti-inflammatory drugs (NSAIDs) like ibuprofen for the first 24 hours unless otherwise directed by Dr. Gilmer

### Activity Restrictions

- There are no formal restrictions after this injection
- Light aerobic exercise such as walking or iking is ideal to circulate the medication through the joint.
- You may want to for the first 24 hours, avoid activities that put stress on your knee, such as running, jumping, or heavy lifting.

## Monitoring for Side Effects

- **Watch for Infection:** Infection after steroid injection is extremely rare, but possible. Signs of infection include increased redness, swelling, warmth, or drainage at the injection site, as well as fever. If you notice any of these symptoms, contact us immediately.
- **Monitor for Other Side Effects:** Be aware of potential side effects such as increased pain, skin discoloration, or allergic reactions. Report any unusual symptoms to your doctor.

## Follow up

- **Follow-Up Appointments:** Typically a follow up appointment is no scheduled since the duration of relief is variable.
  - With a good response the injection can be repeated every 4-6 months
  - With a poor response, after a couple weeks, feel free to schedule a follow up to explore other options.

## Frequently Asked Questions

**Q: How long will it take to feel the effects of the injection?** A: You may feel immediate pain relief from the local anesthetic, which can last a few hours. The full effect of the corticosteroid may take a few days to develop.

**Q: How long will the pain relief last?** A: The duration of pain relief from the corticosteroid varies among individuals but typically lasts from several weeks to several months.

**Q: Can I take my regular medications after the injection?** A: Yes, but inform your doctor about all medications you are taking. They will advise you on any potential interactions.

**Q: Are there any long-term side effects?** A: Long-term side effects are rare but can include joint damage or weakening of tendons if injections are repeated frequently. Your doctor will monitor your condition and limit the number of injections to minimize risks.

## Contact Information

If you have any questions or experience any concerning symptoms, please contact us at the office at 775-507-4668

Brian Gilmer, MD

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