



14 Manchester Sq. Suite 250
Portsmouth, NH 03801
(603) 431-6070

17 Riverside St. Suite 205
Nashua, NH 03062
(603) 882-8866

www.northeastfoot.com

Post Cortisone Injection Care

The injection you have just received normally goes without incident. The injection area may be sore, throb or become slightly swollen for one to two days. You may form a bruise at the injection site.

A numbing medication is given with the injection, which can last for 5-12 hours. The actual Cortisone may take up to 2-7 days to take effect; therefore it may take that long to experience pain relief.

In order to give the medication a chance to reduce the inflammation it is very important that you rest the area of the injection for 24-48 hours. Sometimes you may get a reaction to the medication that was injected. This is more of an irritation than an allergy. Signs of this are increased pain at the injection site and slight swelling. Applying ice to the area (15-20 minutes every 1-2 hours) for the first day or two will help decrease the pain. In addition, you may benefit from taking Tylenol, Aleve or Advil to help reduce the pain.

If you develop any signs of a true allergy, such as itching, swelling, redness, rash, or shortness of breath, then you should go to the nearest emergency room.

The doctor would like you to observe the area of the injection for redness, swelling, or increased heat. If any or all of the reactions occur, please call our office as soon as possible. This reaction may indicate the first signs of infection. This is a very rare event, but best if caught early.

Diabetic Warning

If you are diabetic and using insulin, this injection may elevate your blood sugar for the next 1-5 days. Please monitor your sugars closely and if they fail to return to acceptable levels, please contact your primary care physician.

