



# Therapeutic Cortisone Injection

## Patient information

### Therapeutic Cortisone Injections

An injection of cortisone is often requested to aid in the treatment of symptoms caused by inflammation of joints, muscles and tendons. It is performed using ultrasound to guide a mixture of local anaesthetic and cortisone (steroid) into the area of concern allowing for accurate administration of the medication.

We recommend that you to rest the area of concern for at least a day following the injection.

### Preparation

No preparation is required for a therapeutic cortisone injection.

### What to expect

Our specialised sonographer will take you through to the ultrasound room and perform a thorough examination of the requested area if no previous imaging has been performed. Our Radiologist upon reviewing your imaging will come and discuss whether an injection is appropriate for your medical management.

If the injection is to proceed the doctor will clean your skin and a mixture of both the medications will be guided into the area of concern. The effects of the anaesthetic will last 3-4 hours, however the cortisone usually takes from 3-5 days following the injection to start having any affect. We suggest that your follow up appointment with your referring doctor be made after 10-14 days post-injection to allow for the best results.

You may experience some pain from the injection however this usually subsides relatively quickly following the procedure. If you are a diabetic it is recommended that you monitor your blood sugar levels regularly for 2 days post injection.

Complications of this procedure are very rare, however you may experience some localised bruising or redness. Less commonly you may notice a flare, which is redness of your face and chest for about 24 hours following the procedure. If you start to experience extra pain and heat in the area you should contact your doctor immediately.

### What to bring

You must always bring your request form from your doctor. Please note that we accept all radiology request forms. If you have any previous xrays at home that may be relevant to your examination, please bring these with you, they can sometimes help to give a more accurate assessment of your presenting condition.

Always bring your Medicare card and any other concession cards.

### Who does my xray?

A university trained sonographer performs your ultrasound scan. They are highly trained professionals that know how to achieve the best quality images to assess your area of concern.

A Radiologist (a doctor who is a specialist at interpreting the images) looks at all the ultrasound images taken with your medical history to produce a diagnostic report.

### When will I get the report?

Your report will be delivered to your referring practitioner and will be there by lunch on the following business day. If you require your results any earlier, please advise our reception staff and we will ensure they are ready for you.

### After care instructions

As with any needle that you may have, the site can bruise and be tender. Pain relief can be taken such as panadol (aspirin is not recommended) Temporary numbness at the site and down the leg is not unusual and thus **we recommend that someone drives you to and from your appointment.** We recommend that you do not do any strenuous physical activity for a few days post procedure as to maximize the benefits of the cortisone injection.

If you experience severe pain, fever or prolonged numbness please consult both your doctor and our staff here at Sound Diagnostic Radiology.

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You will be required to  
pay for your appointment  
on the day.

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