



## Steroid Injection

A steroid injection can be useful in determining where pain is coming from and also for resolving pain when the diagnosis is known.

The injection is performed by a radiologist, with ultrasound or CT guidance. This is to ensure that the injection is placed in the correct position.

The injection involves a local anaesthetic component that may last for up to 6 hours. This will wear off and there may be more pain. Pain relief medication may be required. The steroid component of the injection may take up to 5 days to begin working. During this time you may experience more pain and pain relieving medication may be required.

### Pain Diary

It is important to maintain a diary of your pain after the injection so you can report back to Mr Curry if it has been successful. This is especially so if you are receiving the injection as a diagnostic test to determine where your pain is coming from.

Mr Curry will ask you to bring on your pain prior to the injection then have the injection.

Please document the result of the local anaesthetic in the first few hours following the injection.

Please also document the result of steroid until the time you return to see Mr Curry at 1-2 months after the injection.

A useful way to record this is by considering the percentage relief after the injection.

### Local anaesthetic

No relief

Complete relief

0%      25      50      75      100%

### Steroid

No relief

Complete relief

0%      25      50      75      100%

### Risks

Infection risk of 1 in 3000.

There is a risk of leaving a small skin dimple or area of pale skin

If you have any concerns following your injection please contact Mr Curry's rooms on **03 99286560**