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UNDERSTANDING CORTISONE INJECTIONS

In an effort to provide pain relief, your physician has injected a type of cortisone preparation. This medication is used to decrease inflammation, thereby reducing discomfort/pain. It acts locally and does not have the adverse effects of long-term oral cortisone. 2-14 days may pass before you notice any beneficial effects.

Relief may last a few days, or for a prolonged period, depending on your individual situation and response. In a few cases, there may be no relief at all.

Though adverse reactions are rare, you should be aware that there is the possibility of redness or swelling at the injection site. For 24-48 hours, the area may be more painful than it was prior to the injections; it is called a “post injection flare”. These symptoms are usually relieved by the local application of ice for the first 24 hours. After that, you may find relief with the use of heat (heating pad or hot bath). If this is not effective or you have questions, please call us at 815-991-2640 (for Dr. Faubel’s assistant Lauren) or 815-991-2619 (for Dr. Malalis’ assistant Matt)