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INSTRUCTIONS FOR CORTICOSTEROID INJECTIONS

1. The injection contains Lidocaine (local anesthesia) and the site will be numb for about two hours. As the anesthetic wears off, you will experience some discomfort. To ease this, you may take Tylenol, Advil, or aspirin. You may also apply ice to the area by putting it in a plastic bag and placing it against the splint.
2. Elevate the injected extremity for the next 48 and 72 hours to prevent swelling.
3. In the event that you have any of the side effects listed at the bottom of this form, CALL THE OFFICE IMMEDIATELY at 303-321-1333.
4. Are you pregnant? YES _____ NO _____

The doctor has given or is scheduled to give you a corticosteroid injection. Please read special instructions and side effects.

INDICATIONS: Corticosteroids are anti-inflammatory medications that help reduce inflammation, pain, and swelling.

INFORMATION: The medication comes mixed with Xylocaine, a local anesthetic. The effects of the anesthetic medicals last about two hours. The corticosteroid becomes effective immediately, however, it may not relieve inflammation for several weeks.

INSTRUCTIONS: Be sure to inform you doctor if there are any known allergies to cortisone or Xylocaine (Novacaine).

POSSIBLE SIDE EFFECTS

LOCAL: sterile abscess, infection, nerve injury, tendon injury or rupture, altered pigmentation, thinning of skin, failure to improve symptoms, post-injection flare (which may include pain, redness, or/and swelling).

GENERAL: itching, dizziness, headaches, fluid/sodium retention, muscle weakness, increased perspiration, decreased carbohydrates tolerance, glaucoma, nausea, increased appetite, increased insulin or oral hypoglycemic requirements in diabetic patients, hypertension.

For a complete list of all side effects, please refer to the Physicians's Desk Reference (available in most libraries). Please feel free to call if you have any questions regarding the corticosteroid injection or any concern with side effects.

PATIENT _____ DATE _____

PHYSICIAN/NURSE _____ DATE _____