



## Corticosteroid Injection Instructions

Today, you were seen for a foot and ankle condition that required an injection of local anesthetic and corticosteroid. The local anesthetic is used to numb the area and can last 6-8 hours. The corticosteroid (Kenalog 40) is intended to provide an anti-inflammatory effect in the localized area of the foot or ankle. This is a long-acting steroid and it is our best practice to limit the number of these injections to 3-4 a year. One may see relief from the initial injection for up to 6 months. Typically, as the pathology worsens and the injection wears off, one will start to experience symptoms. The most common pathologies that we inject steroid for include: plantar fasciitis, neuroma, and post-traumatic arthritis.

In the first 24 to 36 hours you may experience an **increase** in discomfort. This is not unusual and is similar to other injections you may have received in the past. You may wish to take Extra-Strength Tylenol, or a similar analgesic, for pain.

Vigorous activity in the first 48 hours after an injection of corticosteroid should be avoided. After the first 48 hours you may gradually increase your activity level. Rarely is there a chance of infection with a corticosteroid injection, but it can occur.

Signs of infection include fever, chills, severe pain, swelling, redness, and warmth in the area. Please call immediately if you have any reason to suspect an infection. Another rare occurrence is “atrophy” in the area of the injection. This means a small loss of tissue bulk underneath the skin. Also, sometimes there can be a loss of skin pigment and loss of hair at the injection site. Frequent use of corticosteroid injections is not recommended.

Hopefully this injection will help solve your foot and ankle problem in addition to other therapies we are recommending such as physical therapy. Please call the office at (602) 761-7819 with any concerns.

Thank you,

The Phoenix Foot and Ankle Institute