



## POST STEROID INJECTION CARE

Following your steroid injection, it's important to follow a few rules and tips for post-injection care:

1. You may have a “honeymoon” period immediately after treatment, where your pain is reduced significantly. Normally, this is the numbing medication from the injection wearing off, which can take several hours. It is normal to have some soreness and not see improvement for several days following the injection. The steroid usually takes at least 48-72 hours to start working, and the full effects may not be felt for up to 2 weeks.
2. Report any hives, signs of infection, dyspnea (difficulty breathing), severe headache or other adverse reactions. Loss of pulse, pallor (paleness), cyanosis (bluish tinting of skin) or severe pain in an extremity requires immediate attention. It is common to have a feeling of jitteriness and some redness/warmth of the skin, especially of the chest and face, following a cortisone injection.
3. If you are diabetic, monitor your blood sugar levels closely after the injection.
4. You may use ice in 20-minute intervals as needed for pain and soreness following injection.
5. No excessive activity in the immediate hours after injection. Avoid the temptation to overdo it. No heavy lifting. No overly strenuous physical activity for 2-3 days after the injection, unless cleared by Dr. Johnson.

**Please call our office at 615.467.4636 with any questions or concerns.**

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