

# Ultrasound Guided Steroid Injection

### What is an Ultrasound Guided Steroid Injection?

Steroid Injections are used to ease pain and reduce swelling. The steroid is often injected in combination with a local anaesthetic. The ultrasound machine is used to image the area of interest, which assists in guiding the needle to the correct place.

The injection may be for a painful joint, bursa, tendon, plantar fascia or inflamed soft tissue.

### What preparation is required?

There is no specific preparation, however you should inform the staff member performing the injection if you are:

- On Blood Thinners
- Diabetic
- Have any allergies

### What will happen during the examination?

We will begin by asking you some questions regarding your medical history and current symptoms. Once this information has been obtained, we will explain the procedure and obtain your consent.

The injection is performed under ultrasound guidance after your skin is cleaned with a sterile solution. You may be lying or sitting.

### How long will the Ultrasound take?

The whole procedure will take between 15-30 minutes.

### What happens afterwards?

If local anaesthetic has been injected, you may not feel any pain for a few hours afterwards. The area may feel uncomfortable once the anaesthetic wears off and you may feel increased pain for a few days. You may take your normal pain relief during this time. The steroid takes 48 hours to become effective.

Avoid heavy lifting or exercise for 3 days, and you may return to Physiotherapy after 7 days.

If you are diabetic, your blood sugar may rise for up to 5 days following the injection.

You may also experience facial flushing following a steroid injection, but this usually settles quickly.

You may be given a Pain Diary if your referrer has requested this. Instructions will be given on how to complete this.

### Important things to know

#### Benefits

The purpose of the injection is to reduce pain and/or inflammation in the affected area.

#### Risks

There is a small risk of infection following injections. If you experience redness or swelling around the injection site or a high temperature you should see your GP or attend A&E.

#### Alternatives

Alternative to the injection may include Physiotherapy or systemic treatments such as oral anti-inflammatory tablets. These treatments will usually have already been used before an injection is considered.