
Steroid Injection Patient Information Sheet

Injection of steroid can be very beneficial for several conditions that are related to inflammation. Common reasons for injection include:

- **Trigger Finger**
- **Trigger Thumb**
- **De Quervain's Tenosynovitis**
- **Hypertrophic scarring**

Local anesthetic is often combined with the injection to make the process more comfortable. During the first 24-72 hours after the inject, you may experience a 'steroid flare'. This is where you may have transient increased discomfort at the injection site. If this occurs, ice to the area, and non-prescription anti-inflammatories can improve the symptoms, (such as, Ibuprofen).

The effects of the steroid can take up to 6-8 weeks.

Rare side effects to consider:

1. At the site of the injection, there is a small risk of subcutaneous tissue atrophy (thinning of the skin), or change in pigmentation (either the skin looking lighter in colour or darker). If these changes occur, they are often temporary, however there is a small risk of permanent change.
2. If you are diabetic, or have difficulty with blood sugar control, a steroid injection can briefly alter your blood sugar. This is rarely a problem and you should not have to alter your medical management of your sugars.

AFTER CARE

1. You may resume normal activities as soon as you feel comfortable.
2. Apply ice to the injection site several times a day for 1-2 days to help reduce the risk of a steroid flare.
3. Unless you have contra-indications (eg. allergy, GI ulcer/bleed), take anti-inflammatories for the first 1-2 days, (eg. over-the-counter **Ibuprofen**), to help reduce the risk of steroid flare.

If you have any concerns or questions before your next follow-up visit, please do not hesitate to contact Dr. Seal.