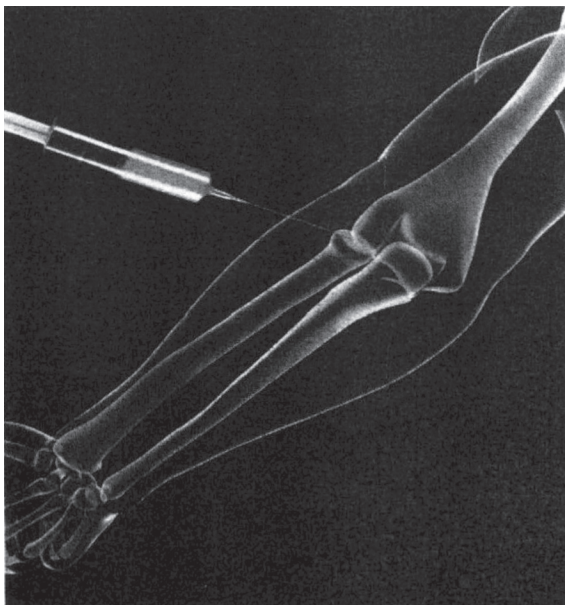


A STRONG ANTI-INFLAMMATORY

Cortisone is a type of steroid. It can greatly reduce inflammation (swelling, redness and irritation)

Cortisone, or a synthetic steroid, is unlike steroids some athletes take. It will not make you gain weight or get bigger muscles. Since it is injected into an inflamed region and not taken as a pill, little of it goes beyond that region. With oral steroids, side effects can occur throughout the body. With a steroid injection for local inflammation, you are unlikely to have those side effects.



Injecting cortisone can reduce inflammation in the injured region. Very little cortisone will go beyond that region.



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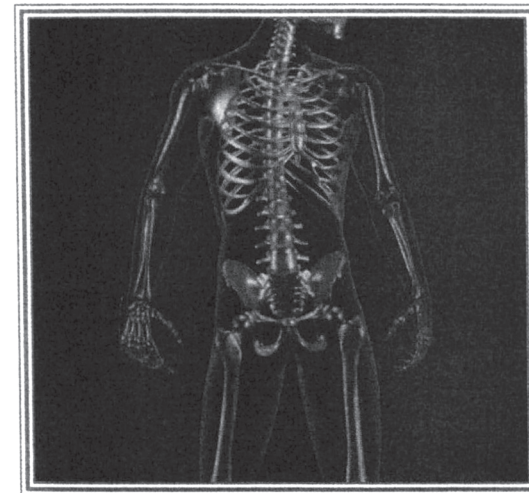
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CORTISONE INJECTIONS

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WHY HAVE A CORTISONE INJECTION?

If resting, wearing splints or taking oral medication doesn't relieve your pain, your doctor may suggest a cortisone injection.

Cortisone often provides lasting pain relief that can help you get out and enjoy life again. By injecting the medication directly to the inflamed region, the medication can work more quickly and effectively.

WHAT DOES THE INJECTION TREAT?

A cortisone injection can relieve pain or inflammation due to various conditions resulting from arthritis or sports related injuries.

Your doctor will determine the appropriate location and amount of injections for your particular course of treatment.

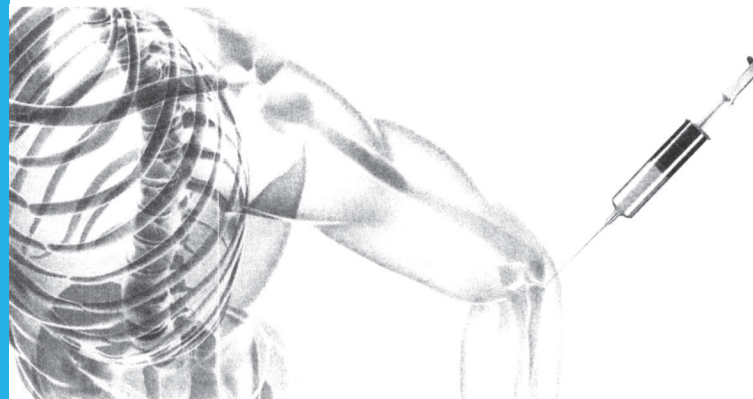
PREPARING FOR YOUR INJECTION

Having a cortisone injection is a simple procedure and will not take long. It is important that you discuss with your doctor any other medical conditions you have. Cortisone can affect certain medical conditions such as Diabetes.



GETTING THE INJECTION

Your doctor may start by cleaning and numbing your skin at the injection site. Next, you will be injected with local anesthetics for short term pain relief and then cortisone. It may take your doctor a moment to get the needle in the precise region. Following the injection a small bandage will be applied over the injection site and then you will be ready to go home.



THE NEXT DAY OR TWO

It is possible for some patients to feel more pain after being injected. This is normal and should go away soon.

You may use the affected area normally after your injection. You do not need to stay in bed, but it is important to avoid tasks that may strain the injured region.

Many people have cortisone injections and experience little to no effect from them. Occasionally, a patient may experience any one or several of the following symptoms:

Numbness - this feeling is temporary and will usually subside within a few hours. This is due to the medication Xylocaine that was given with the cortisone.

Pain - apply heat or ice to the area. 20 minutes on and 20 minutes off until the pain subsides. This may last a few hours to a few days. You may take an over-the-counter pain reliever during this time.

Bruising - small bruising may occur, however contact our office if it appears significant.

RISK AND COMPLICATIONS

Cortisone injections have certain risks and possible complications including:

- Briefly increased pain
- Changes in blood sugar levels
- Ruptured tendon (tissue that connects muscle to bone) (very rare)