

What to expect following your steroid injection

The injection you received today was a combination of a steroid and local anesthetics. By tomorrow morning, the effects from the local anesthetic will have worn off. You should expect that a moderate amount of pain is possible at that time. This is normal. It takes a couple of days for the steroid to begin reducing the inflammation and your pain will gradually decrease.

Other effects commonly seen are increased hunger and insomnia for a few days.

Some patients experience what is called a “steroid flush”. Your face, neck and upper chest area may become red and feel very warm. Females may relate this to feeling like a “hot flash”. It is usually seen in about 24 hours following your injection. This is not an allergic reaction.

If you received an injection in a very small joint, such as the hand, a local anesthetic may not have been used along with the steroid.

If you have any concerns or questions not addressed here, please don't hesitate to call our office at 806-359-0718.