

WHAT TO EXPECT AFTER A CORTISONE INJECTION

CORTISONE is administered in an injectable form in various anatomic areas of the body to treat a wide variety of orthopedic conditions.

The most common of these applications are:

1. into the subacromial bursa of the shoulder to treat bursitis
2. into the lateral epicondyle of the elbow to treat tennis elbow
3. into the carpal tunnel of the wrist to treat carpal tunnel syndrome
4. into major joints (knee, ankle) to treat inflammation

It is common for the injected area to go through a brief period of anesthesia or numbness. This is because a short-acting anesthetic (xylocaine) MAY be mixed with the CORTISONE injection to create a pain-free interval. It will typically wear off 1 to 3 hours after the shot. At this point, one will begin to experience discomfort, warmth, swelling and loss of motion of the affected joint. This will typically last about 24 to 48 hours and it is best treated with elevation, rest and ice. Extra-strength Tylenol can be taken to help alleviate the discomfort. This period will slowly dissipate thereafter until the CORTISONE reaches its maximum beneficial effect at about 3 weeks after the injection.