



## Cortisone Injections

**Cortisone** is a type of steroid. It can greatly reduce **inflammation** (swelling, redness, and irritation). Being injected with cortisone is simple and doesn't take long. But your doctor may ask you questions about your health. Certain medical conditions, such as diabetes, can be affected by cortisone.

### Why Have a Cortisone Injection?

Injecting cortisone can relieve pain for anything from a sports injury to arthritis. Your doctor may suggest an injection if resting, wearing splints, or taking oral medication doesn't relieve your pain. Injecting cortisone is less complex than having surgery. And cortisone often provides the lasting pain relief that can help you get out and enjoy life again.

### Getting the Injection

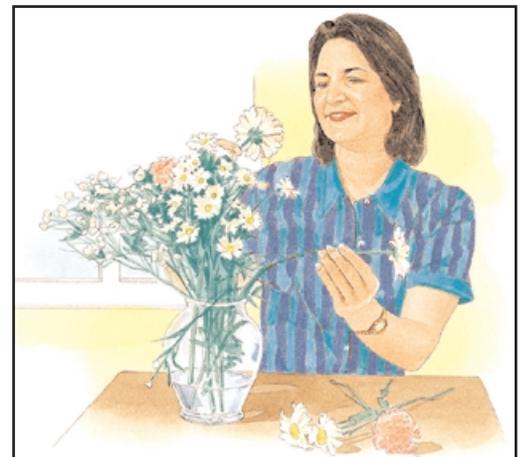
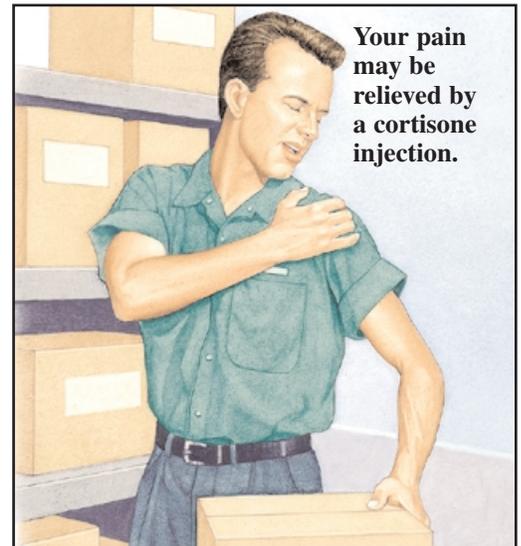
Your doctor may start by cleaning and numbing your skin at the injection site. Next, you'll be injected with local anesthetics (for short-term pain relief) and cortisone. It may take a moment for your doctor to get the needle to the precise region. A small bandage will be applied over the injection site.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

### The Next Day or Two

Some patients feel more pain after being injected. This is normal, and it will go away soon. Applying ice for 15 minutes at a time to your injury may reduce the increased pain. Rest for the first day or two. You don't need to stay in bed. But avoid tasks that may strain the injured region.

### After Your Injection

After being injected, make sure you don't injure the treated region. But stay active. Enjoy a walk or some other mild activity. Just be careful not to strain the region that gave you trouble.



**Take it easy after your injection.**

### Notes