



## **ABOUT YOUR INJECTION**

You have been given an injection of 2 steroid solutions (Dexamethasone & Triamcinolone Acetonide) and a “numbing” medicine (Lidocaine & Marcaine) in effect to decrease the inflammation of the affected tissues. The numbing medicine should give you immediate pain relief as well as allow the doctor to be certain that the steroid has been delivered to the target area.

You may expect the area to be numb for several hours after the injection. When the numbness wears off, you may experience one of the following:

1. Good relief of the pain you experienced after the injection.
2. No change.
3. An increase of pain compared to before the injection.

If you have soreness, don't panic! This is result of tissue irritation from the needle and the fact that your body has not yet absorbed the steroids.

For relief, place ice on the affected area for 20 minutes at a time, allowing for 1 hour breaks between icing. An ice pack or frozen peas/corn usually does the trick. Be sure to place a washcloth or some type of cloth between the ice pack and skin to act as a protective barrier.

You may also experience skin discoloration around the injection site, but this should resolve. If this develops, please let the doctor know.

Everyone's body absorbs medication at different rates. Unfortunately, there is no way for us to predict how quickly/slowly your body will respond and absorb the steroid. Generally, most people will get good relief in 3 to 7 days, but it could take as long as 2 weeks.

If you have any questions, please don't hesitate to contact the office at (469) 200-2832.