

Patient Information

## Physiotherapy



# Your Shoulder Steroid Injection

## What has happened?

You have had an injection of steroid (Depo-Medrone) and local anaesthetic (Lidocaine) into your shoulder.

The dosage of steroid and anaesthetic was determined by your physician.

A third of patients will experience increased pain and symptoms for 24 – 48 hours after their injection. In some circumstances this increase in pain can last for about a week. This is due to the reaction between the inflamed tissue and the steroid.

If you experience redness, excessive swelling, fever or discharge from the needle site or other signs of infection, please contact the department on **024 7696 6262**.

## Note for diabetics

This injection can occasionally interfere with the stabilisation of blood sugars for a few days. Please be mindful when you check your blood sugars and take this into account for your diet control and insulin administration.

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact and we will do our best to meet your needs.

The trust operates a smoke free policy.

### Document History

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