

## What to expect with steroid injections



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### What to expect with steroid injections

1. There is an anesthetic (numbing medication) mixed in with the steroid injection.
2. The anesthetic will keep a portion of your foot numb for between 1 and 4 hours.
3. You may drive following the injection and resume normal activity, as tolerated.
4. When the anesthetic wears off your foot will be sore.
5. In rare instances the pain may be worse than before the injection. This rarely lasts longer than 12-24 hours.
6. If you experience pain at the injection site apply ice for 10-15 minutes and elevate the foot.
7. If you experience pain that is not relieved with aspirin, Tylenol or another over the counter pain medication please call our office.
8. It takes the steroid about 24 hours to begin working to the point that you feel a significant improvement.
9. Your pain relief will then be gradual over the next 2-4 weeks.
10. Sometimes steroid injections do not relieve pain as we hope. It is possible that you will require an additional steroid injection on a future visit. Please adhere to the treatment plan as outlined by Dr. Neuhaus. A steroid is typically only a part of the overall treatment plan.