



# Podiatry - Injection Therapy

How you should be involved in decisions about your healthcare and treatment.



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## What are corticosteroid Injections?

Corticosteroids (cortisone) are an anti-inflammatory medicine which can be injected directly into the area of your body that is causing symptoms. Corticosteroids given by injections often relieve pain more quickly than corticosteroids taken by mouth and as smaller amounts of the drug are used for the injection, there are fewer side effects and it is safe. Steroid injections can be recommended to help relieve pain/redness/swelling in joints and soft tissues. Normally the injection consists of two drugs;

1. **Corticosteroid - an anti-inflammatory medication.**
2. **Local anaesthetic - which temporarily numbs part of your body.**

## Why has a corticosteroid injection been recommended for my treatment?

If you have completed a course of treatment recommended by your Podiatrist and this has failed to significantly reduce your symptoms, a corticosteroid injection may be indicated to reduce the pain/inflammation of the affected tissue. According to research, the use of Corticosteroids Injections in the foot and ankle has been indicated for conditions such as:

- **Arthritis (inflammatory and degenerative).**
- **Mortons Neuroma.**
- **Plantar Fasciopathy.**
- **Bursitis.**
- **Ganglions.**

An injection should not be recommended for you if you:

- **Are allergic to either drug (corticosteroid or local anaesthetic).**
- **Have an infection in your body.**
- **Are taking antibiotics.**
- **Are feeling unwell.**
- **Are waiting on diagnostic imaging.**
- **Have planned surgery within the next 3 months.**



## What will happen at my appointment?

When you attend for your appointment the Podiatrist will take time to discuss the procedure with you and answer any questions that you may have. A screening questionnaire and consent form will be completed.

Please bring a list of your current medication. The injection procedure is quick and involves cleansing the injection site and then inserting a needle to inject the corticosteroid drug. Once the procedure is finished, a small dressing is applied. The Podiatrist will then advise you on how best to care for the affected site following your treatment.



### Are there any risks?

Most side effects are very rare. Possible side effects for you to be aware of include:

- **Lessening of diabetic control for patients with diabetes.**
- **Facial flushing (red face).**
- **Thinning/colour change of skin at injection site.**
- **Post injection flare of painful symptoms.**
- **Joint or soft tissue infection.**
- **Altered menstrual cycle/unexplained vaginal bleeding.**
- **Anaphylaxis.**
- **Tendon rupture.**

If your injection site becomes hot, red and swollen and there is considerable increase in your pain, please contact the Podiatry Department urgently. If you are unable to speak with a Podiatrist, phone NHS 24 as you may require further assessment and treatment.

Allergic reactions to the drugs are extremely rare, however, if you later develop difficulties breathing, have swelling in and around your throat or develop a rash, phone NHS 24 immediately or attend A&E.



## What should I expect after my appointment?

We would recommend that you bring a family member or friend to your appointment, if possible, to drive you home. You should experience immediate pain relief following the injection due to the local anaesthetic however this may wear off within 1-2 hours. You may take painkillers (e.g. paracetamol) thereafter if required. Should you experience any complications following the injection, e.g. redness/heat/swelling/increased pain, please contact the Podiatry Department or NHS 24.

It is recommended that you rest for 48 hours following your injection. Strenuous activities, e.g. sport, running, jumping are not recommended (within 48 hours of the injection) as this may reduce the effect of the treatment. It can normally take 2-4 weeks for the steroid injection to be effective, however the injection is not effective in every patient. There is a possibility you will not get benefit from this treatment.

Another injection may be offered if the initial injection is only partly beneficial, however, injections are not repeated if there is no benefit or if the benefit you initially felt decreases with subsequent injections. The Podiatrist will contact you for a follow up appointment to monitor your symptoms.

Please rest for 48 hours following your injection.







For further information and advice please contact:

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