

Piedmont Podiatry



<http://www.piedmontpodiatry.com>

Steroid Injections

Post-Injection Instructions

1. Although your pain may be relieved from the numbing medicine component of your shot, this feeling is temporary and will eventually fade in time.
2. Keep your foot elevated above the level of your heart as much as possible. This is very important to help prevent excessive swelling in your feet.
3. Apply ice to the area of your foot where it was injected for 20 minutes at a time, 4-6 times a day for the next 1-2 days.
4. Continue to rest your foot as directed by your physician unless otherwise instructed. The use of anti-inflammatory medicine such as over the counter ibuprofen can also help to decrease swelling and inflammation to your foot. Take as directed by your physician.
5. Occasionally, some people may feel increased pain at the injection site, known as a steroid flare up. This is only temporary. Rest, ice, elevation, and oral anti-inflammatory medicine can help to ease the discomfort.
6. It may take up 7 to 10 days for the cortisone effect to be established.

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