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## What to expect after your cortisone injection.

Dr. Mason gives cortisone injections to help reduce and relieve pain and inflammation in a specific area of your foot or ankle. These shots are often given in the joints and soft tissue areas that are inflamed. The medication that is in the "cortisone shot" is a mixture of a corticosteroid and local anesthetics.

Cortisone injections can be part of treatment for many different conditions affecting the foot and/or ankle including:

- Tenosynovitis
- Morton's neuroma
- Tarsal tunnel syndrome
- Gout
- Bursitis
- Rheumatoid arthritis
- Osteoarthritis
- Plantar fasciitis
- Psoriatic arthritis
- Tendonitis
- And other injury or medical conditions

There are risks associated with cortisone injections. These are uncommon, but are still risks if there are possible complications. This includes:

- Death of a nearby bone (osteonecrosis)
- Joint infection
- Nerve damage
- Skin thinning around the injection site
- Temporary flare of pain and inflammation in the joint
- Tendon weakening or rupture
- Thinning of nearby bone (osteoporosis)
- Whitening or lightening of the skin around the injection site

There are some concerns that repeated use of cortisone may cause deterioration of the cartilage within the joint. For that reason, Dr. Mason may limit the number of cortisone injections that you may receive. This limit will vary widely depending on the area and joint that is being treated.

After the cortisone injection you may have some mild pain or possible stiffness at the injection site. Protect the area for a couple of days. Apply ice to the injection site to relieve any pain. You may have a temporary flare of pain or inflammation after the cortisone injection for up to 48 hours after. After that time frame you should have decreased pain and inflammation.

**\*\*Watch for signs of infection that include increasing pain, redness and swelling that last for more than 48 hours\*\***