

THINGS I SHOULD NOTIFY THE PODIATRIST OF

Please make your podiatrist aware if any of the following apply to you:

- You take oral steroids
- You take anticoagulants to thin the blood.
- You have poor control of your diabetes
- You are pregnant or breast feeding

It is important you let your podiatrist know any of the above as they may cause complications after injection.

Steroid injections may have an effect for several days on blood tests, blood pressure or blood glucose levels.

If you are having treatment by any health professional please make them aware you have had a steroid injection. The steroid injection may alter test results and may affect your treatment.

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Issued	Mar 2013
Reviewed	Sept 2017
New Review	Sept 2019
Images	NHS Podiatry



PODIATRY DEPARTMENT



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STEROID INJECTION THERAPY

WHAT ARE STEROIDS?

Steroids are hormones which are produced within the body.

They have many important uses including helping to control inflammation (pain/redness/swelling). Man-made steroids are created to give a similar reaction to those created by the body.

Steroids work by controlling the release of chemicals within the body to reduce inflammation.

WHY ARE STEROID INJECTIONS PRESCRIBED?

Steroids are used to reduce pain and symptoms connected to inflammation. The steroid is injected into your foot or ankle using a needle.

DOES IT HURT?

Most injections are quick and you should only feel slight discomfort which does not last long. You may be given a local anesthetic injection (painkiller) along with the steroid and this works very quickly.

WHEN ARE STEROID INJECTIONS GIVEN?

Steroid injections are used when other treatments such as stretches, insoles or footwear advice have only slightly improved symptoms or have made no improvement at all.

HOW LONG DO THEY TAKE TO WORK?

The steroid may take 7-14 days before you feel any effect.

HOW LONG WILL THEY LAST?

This can vary from person to person. It is normal to see improvement in symptoms for 4 to 16 weeks although some people feel no benefit whilst others will improve completely.

For best results it is advised that you rest for 2 days after the injection to allow the steroid to work.

POSSIBLE SIDE EFFECTS?

As with all medicines, side effects are rare but do occur.

1 in 4 patients

- Lessening of diabetic control (rise in blood sugars for a few days following the injection)

1 in 20 patients

- Facial flushing (red face)
- Increased pain in the injection area for several days

1 in 25 patients

- Thinning or colour change of the skin around the injection area

1 in 100,000 patients

- Infection following injection

Infrequently/Rarely

- Altered menstrual cycle or unexplained vaginal bleeding (contact your GP or healthcare professional to discuss)
- Anaphylaxis (very rare but can be fatal):
- Tendon rupture

Some side effects such as loss of skin colour can take several months to appear after injection. These side effects usually disappear within a year but in rare cases they may be permanent.

IMPORTANT THINGS TO NOTE

Pain may worsen following the injection. This will usually ease within 48-72 hours. Paracetamol will help ease the pain.

After the injection arrange for someone to drive you or use public transport. Do not drive as you may have numbness of your foot/ankle for several hours.