

orthoNY

121 Everett Road
Albany, NY 12205
518-453-9088

JAMES ALFANDRE, MD, Andrea Skillman RPAC

Cortisone Injection: What to Expect

- You have just received a cortisone injection. Most people feel relief right away, but it can take up to 48 to 72 hours to experience relief. The injection can last several weeks, although this varies from patient to patient.
- After you receive the injection, move the area around for a few minutes (i.e. massage, moving shoulder in circles, bending knee back and forth) to disperse the medication.
- Later today, you may experience pain around the site of the injection. This can be treated by icing the area for 20 minutes on and off as needed. You may also take 1-2 Advil, Aleve, or Tylenol every 4 to 6 hours as needed. You should try and avoid any strenuous activities for 1- 2 days involving the injected area. You may remove the bandage on the area later tonight.
- If you are diabetic, please be aware that after receiving a cortisone injection you may have a temporary rise in your blood sugar levels. Please monitor your sugars and adjust insulin doses as necessary.

****If you experience any signs of increased pain, redness, or swelling after 48 hours, please contact our office (518) 453-9088.**