

After the treatment:

You should try and rest for the first 2 – 3 days after the treatment and avoid any activities that normally worsen your symptoms.

How long will it take for the treatment work?

This depends from individual to individual and will be discussed with you by your podiatrist. In general, it can take upto 6 weeks to feel the maximum benefit from a steroid injection. You should notice an improvement in discomfort within a 24-48 hour period following an injection. It is also important to note that you can also suffer from a “steroid flare “which is an increase in discomfort for between 1-3 days after injection.

How long will the effects last?

Improvements in pain or swelling can last for weeks or months and in some cases, improvements last even longer. It is also important to note that not all injections are successful. You may need several injections or a combination of alternative treatments in order to resolve your discomfort.

Side effects:

Side effects for this treatment are rare, but can occur. These include:

- Pain at the injection site “Steroid flare”. This happens in approximately 10% of patients following an injection. The pain can be quite severe but should settle down in a day or two. Over-the-counter painkillers, such as paracetamol, can be taken, if required. Please always consult your podiatrist regarding pain medication.
- Facial flushing – this may occur 24 – 48 hours after treatment, but should settle within a day or two.
- Fat wasting – a small amount of sub-cutaneous fat may be affected by the injection leaving an indentation at the injection site.
- Rupture of soft tissue – An injection into some injection sites have shown to have a rare side effect of tendon rupture or soft tissue damage following an injection.
- Pigmentation changes – You may notice a change in colour on the skin at the site of injection.
- Infection – Infections are rare. If you are concerned about infection then please contact your podiatrist as soon as possible.
- We appreciate that patients are busy and we would encourage you to send pictures or concerns to our email address stating your name. We will always respond within a 24 hour period to your concern.

If you would like to discuss any of the above information, please do not hesitate to contact us to book an appointment on 020 7164 6607 or contact your podiatrist via email on info@swpodiatry.co.uk