

What is Cortisone?

Cortisone is the name used to describe a group of drugs correctly known as corticosteroids. Cortisone is used to treat pain in various parts of the body where inflammation is felt to be the cause of this pain. The reason why cortisone is effective in treating such pain is because it is a powerful anti-inflammatory.

What are the Indications for a Cortisone Injection?

- Bursitis (eg. Shoulder- subacromial bursitis and Hip - trochanteric bursitis)
- Arthritis (eg. Knee, ankle, hip)
- Tendinosis and Tenosynovitis (eg. plantar fasciitis, tennis elbow, bicep tenosynovitis)

What is involved?

The skin is prepared using an antiseptic agent. The needle is then guided into the relevant body part using ultrasound. The degree of discomfort during the procedure is generally mild as the needle used is fine and local anesthetic is used first, followed by the cortisone.

Benefits, Risks, Complications and Side-Effects

There are risks associated with the administration of cortisone. The decision to inject cortisone is not taken lightly and is carefully made by your referring doctor and based on your signs, symptoms and past medical history, as well as the suspected diagnosis. This procedure is more likely to provide you with a benefit which outweighs the small risk of suffering from the side effects.

The risks of a cortisone injection include:

- Allergy to any of the substances utilized during the procedure, such as the cortisone, dressing, local anesthetic or antiseptic. This is usually minor and self-limiting.
- The cortisone may result in palpitations, hot flushes and mild mood disturbance. This usually resolves within 24 hours and no treatment is necessary.
- Infection. Infection is a rare but serious complication, especially if injected into a joint. If you suspect an infection, contact Stacey Michelin, NP at 931-542-9010 or after hours report to the nearest emergency department.
- Local effects: bruising, skin atrophy, hypopigmentation.
- Mild increase in blood sugar levels in diabetic patients for several days.
- Transient increase in pain at the injection site before the cortisone takes effect. Occasionally this may be severe, however usually lasts only 4–24 hours and is treated with a cold pack, acetaminophen and an anti-inflammatory medication. If this occurs and you are concerned, especially if the pain is not settling despite the above treatment, then please contact Stacey Michelin, NP at 931-542-9010 or if after hours report to the nearest emergency department.
- Cortisone injection administered directly into a tendon has been reported to weaken and damage the collagen fibers thus carrying a risk of delayed rupture.
- An extremely rare complication is avascular necrosis (bone death) which some doctors suspect may rarely occur when cortisone is injected into a joint, though this has not been proven.

Cortisone Injection

Information & Consent Form

CONSENT FOR CORTISONE INJECTION

Please answer the following questions:

PLEASE TICK

Do you have an allergy to:

Medication (cortisone, lidocaine)

Yes No

Bandaid? Latex?

Yes No

Alcohol-based skin cleansers?

Yes No

Are you diabetic?

Yes No

Do you have a bleeding disorder?

Yes No

Are you on anti-coagulants ("blood thinning" medications) such as Warfarin, Aspirin, Plavix, Heparin, Pradaxa?

Yes No

For female patients of childbearing age:

Are you or could you be pregnant?

Yes No

Are you breastfeeding?

Yes No

CONSENT

I have read the above information and am aware of the risks and benefits of being administered cortisone. I understand that multiple injections may be required before my condition improves and that my condition may not improve even with multiple injections. I have been provided with the opportunity to have any questions answered and I therefore give my consent to injection of cortisone.

PATIENT NAME (Print)

SIGNATURE

DATE

WITNESS NAME

SIGNATURE

STAFF USE ONLY

Did the patient understand the information sheet?

Yes No

Initial _____

Did the patient give verbal consent?

Yes No

Initial _____

DATE

TIME

CORTISONE

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