



MR GIUSEPPE SFORZA
CONSULTANT ORTHOPAEDIC SURGEON



Advice sheet for injection therapy for shoulder problems

What does the injection do?

It suppresses inflammation in the tissue and helps combat musculo-skeletal pain. Many patients obtain lasting relief of symptoms

What is the injection?

The injection comprises of 2 ingredients:

1. Local anesthetic (marcaine), which is used to aid the diagnosis and diminish pain
2. Slow release steroid (depo-medrone), which is an anti-inflammatory medication to reduce swelling

What are the side effects?

Most common:

1. Post injection flare-you may experience a temporary worsening of pain and sometimes there is a little swelling local heat. This reaction occur in about 25%. The flare is temporary and will settle quickly if an oral NSAID like ibuprofen, or analgesia like paracetamol is taken. An ice pack over the area may also help
2. Facial flushing-reddening of the face may very occasionally occur, but this usually only last 24-48 hours and is not uncomfortable
3. Menstrual irregularity-this is a very rare with the low dosage cortico-steroids we use
4. Skin changes-slight discoloration and thinning of the skin may occasionally occur locally at the site of the injection

Very Rare:

1. Diabetes.if you are a diabetic, you may experience transient upset of your glucose control, so it's important monitor your sugar levels for up to 2 weeks after your injection
2. Tendon rupture-this is very rare as a result of our injection and typically occur if more than 3 injection are administered
3. Allergy- this is a very rare reaction. It occurs within minutes of the injection and we have full medical facilities to hand

What should I do or expect after the injection:

Anti-inflammatory effect: this starts 24-36 hours after the injection and will continue to work for up to 3 weeks, and may give long lasting benefit.

Do not undertake sport or repetitive activity for 1 week after your injection. Often physiotherapy will be prescribed to prevent recurrence of your problem. This will be decided upon at your follow-up appointment at the shoulder unit.

Flare: if the area becomes hot and swollen, contact your GP or the unit as soon as possible.

Seek advice: if you are at all concerned

To book a consultation or an appointment with Mr Giuseppe Sforza please get in touch

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