

What are the side effects?

It is usually rare to experience any side effects following a steroid injection. However, side effects can include:

- Infection or thinning of the skin at the injection site
- A loss of skin colour at the injection site
- Flushing of your face
- Allergic reaction to the local anesthetic
- Tendon rupture
- Altering of blood sugar levels if diabetic

Sometimes, in **very rare** occasions, an infection may be introduced during the time of injection. If you experience any signs of infection (redness, heat, swelling, pain) afterwards that does not settle down within a few days you may need antibiotics. You should return to see our Podiatrists who can assess and supply the appropriate antibiotics for you.

How much does it cost?

If you choose to have the steroid injection with anesthetic the price is £250. If you choose to have it without the anesthetic the cost is £150.

IF YOU HAVE HAD A BIOMECHANICAL ASSESSMENT WITHIN 2 MONTHS YOU CAN HAVE A 20% DISCOUNT OFF THE PRICE OF A STEROID INJECTION.

How do I hear more about the clinic?

There are lots of ways for you to keep in touch with all of upcoming news at the practice:

- You can follow us on our social media channels: Walsh Podiatry
- You can subscribe to our newsletter at www.walshpodiatry.co.uk
- You can read our blog at www.walshpodiatry.co.uk/blog

How do I book an appointment?

You can book an appointment:

- By phone: 0121 749 6313
- In person: 329 Chester Road, B36 0JG
- Online: <https://walshpodiatry.co.uk/book-online>



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Steroid injections

What is a steroid injection?

Podiatrists in the UK with the relevant training can administer Methylprednisolone which is a stronger preparation of steroid that remains in the area longer.



What is a steroid injection used for?

A steroid injection is given to reduce inflammation (pain, swelling, redness and heat) in the specific area that is being affected e.g. near a joint.

Our Podiatrists will inject the steroid directly into the area. They can inject the steroid in the foot, ankle or knee. Sometimes a local anesthetic is injected at the same time to reduce pain.

How is the injection carried out?

An antiseptic is sprayed or rubbed onto the skin before the injection is carried out. As mentioned, sometimes a local anaesthetic is injected at the same time to reduce pain. After the injection a plaster is applied which you can remove the next day.

How quickly will the steroid injection take to work and how long will it last?

Most people notice an improvement within 1 - 2 days but this can vary. If you find that the injection does help to reduce the pain this can last anywhere from a few weeks to several months.

It is important to note that not everyone will notice an improvement with steroid injections. Also, if you have had a steroid injection in the past that has been unsuccessful it doesn't necessarily mean a second injection won't be successful.

What do I need to do after the injection?

It is usually recommended that you rest as much as possible for the first 2 days after the injection. You should also avoid exercise during the first couple of days.



What should I expect after the injection?

You may experience a temporary worsening of pain which is sometimes accompanied with a little bit of swelling and some localized heat. This is temporary and settles down very quickly. If you do experience this after your injection, we recommend an ice pack on the area.

If you have diabetes, high blood pressure, liver, kidney or heart failure, are on Warfarin, are breastfeeding or could be pregnant then you may not be suitable. You should speak to one of our Podiatrists who will discuss this with you.