

CORTICOSTEROID (CORTISONE)

ABOUT CORTISONE

- Cortisone is a strong anti-inflammatory medication that can be injected into joints or soft tissues (tendons, bursa) for short term pain relief

EXPECTED BENEFITS

- Cortisone can be very effective to reduce pain from joint inflammation (arthritis) or soft tissue inflammation (tendonitis, bursitis, tenosynovitis)
- Cortisone typically has a quick onset of action with pain relief noted within 2-10 days
- Length of benefit varies, but pain relief may last about 3 months on average

POTENTIAL RISKS AND/OR SIDE EFFECTS

- Cortisone can thin articular cartilage of joints and/or weaken soft tissues including weakening or rupture of tendons; negative effects are thought to be greatest with repetitive injections
- Up to 5% of patients may experience a cortisone flare (symptoms may include increased pain at site of injection +/- facial flushing and warmth). These symptoms will resolve without treatment within 24-48 hours
- Cortisone may increase blood glucose levels for a few days following injection
- Up to 2% of patients may observe skin thinning or discolouration (permanently) at the site of injection