

**KRIDA** | 

HARLEY STREET



**ULTRASOUND GUIDED  
STEROID INJECTION**  
Patient Information



## ULTRASOUND GUIDED INJECTIONS AT KRIDA HARLEY STREET

### ▲ What is an Ultrasound Guided Steroid Injection?

At Krida Harley Street your recommended treatment plan could include an ultrasound guided steroid injection. We use the recommended doses of either Kenalog/Triamcinolone Acetonide, Depo-Medrone or Triamcinolone Hexacetonide.

To receive the best advice as to which steroid would work for your individual condition; we advise you book a musculoskeletal consultation with one of our specialists.

The purpose of a steroid injection is to reduce inflammation and pain in the affected area. This will enable you to use and exercise the body part normally and, therefore, aid the recovery process. Ultrasound guidance is used to improve accuracy and minimise risk during the procedure.

### ▲ Are there any times I should not have an injection?

Yes, if you:

- Have any infection on your skin or anywhere else in your body
- Are allergic to local anaesthetic or steroid
- Feel unwell
- Are due to have surgery at the area soon
- Do not want the injection

### ▲ Are there any Risks or Side Effects to having an Ultrasound Guided Steroid Injection?

Generally, an ultrasound guided steroid injection is a relatively safe procedure, particularly as our specialists use the ultrasound scanner throughout the injection.

However, there is a small risk of infection (approximately 1 in 10,000 procedures) following an injection. If you experience symptoms such as unexpected pain, warmth or redness around the area injected or unexplained fever or flu like symptoms you should immediately consult your GP or attend A&E. Please explain that you have recently had an injection, as an infection could potentially be serious.

### ▲ Side effects/risks include:

- Facial flushing (this may last up to 48 hours post injection)
- Minor bruising at the site of the injection
- The injected area may feel sore for about 48 hours after the injection.
- There is a small risk of depigmentation (lightening of the skin) or a skin dimple due to steroid induced lipoatrophy (loss of fat tissue).
- Diabetes sufferers may find their blood sugar is likely to increase temporarily.
- Possible changes to the menstrual cycle

# WE ARE A PRIVATE CLINIC SPECIALISING IN TREATING MUSCULOSKELETAL CONDITIONS AND SPORTS INJURIES ▲▲▲



- No response to treatment in 10-15% of patients
- Repeated steroid injections can damage the joint and surrounding tissues, can cause stress fractures and can also promote the onset of Avascular Necrosis (AVN).
- 1/2 people can experience worsening of symptoms

Side effects are kept to a minimum by careful technique, examination and keeping drug doses to recommended levels. Every effort is made to prevent infection by hand washing, cleaning of the area and use of sterile equipment.

#### ▲ **Post Procedure:**

We advise that you rest the injected area for at least 48 hours.

If local anaesthetic has been injected you may not feel any pain for a few hours post-procedure. However, the area may feel uncomfortable for a few days once the anaesthetic has worn off.

Depending on the type of injection, you may not be able to drive between 4-6 hours post-procedure.

Therefore, we do advise arranging for a close friend or family member to accompany you in clinic or drive you home afterwards. Please also note that your vehicle insurance may not cover you.

#### ▲ **Will the injection help?**

The majority of steroid injections will help to settle down any inflammation and decrease pain in the area. However, we cannot guarantee that an ultrasound guided steroid injection will improve symptoms. If this is the case, further tests or a different method of treatment may be necessary.

#### ▲ **How long will an Ultrasound Guided Steroid Injection last?**

This can vary between each individual and the condition being treated; however, a steroid injection will continue to last for around 4-6 months.

#### ▲ **How many injections can I have?**

One injection is sufficient in most cases, but if the pain is severe or continues post-injection then you may require more injections. However, you cannot have more than 3 steroid injections per part of the body, per year.

**YOU DON'T HAVE TO BE A SPORTS  
PERSON TO BE TREATED LIKE ONE** ▲▲▲

**KRiDA**

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T: (+44)1634 500234 / 07506 332353 | [INFO@KRIDAHARLEYSTREET.CO.UK](mailto:INFO@KRIDAHARLEYSTREET.CO.UK) | [KRIDAHARLEYSTREET.CO.UK](http://KRIDAHARLEYSTREET.CO.UK)

CLINIC LOCATIONS:

**HARLEY STREET SPECIALIST HOSPITAL** | 18 - 22 QUEEN ANNE STREET, LONDON W1G 8HU

**R & D PHYSIO** | 45 QUEEN ANNE STREET, LONDON W1G 9JF

**CITY WAY HEALTH CLINIC** | FORT PITT HOUSE, NEW ROAD, ROCHESTER, KENT ME1 1DX

**TEAM BUCKLEY PHYSIOTHERAPY & OSTEOPATHY** | 2 BROAD OAK ROAD, CANTERBURY CT7 9PW

   @KRIDAHARLEYSTREET