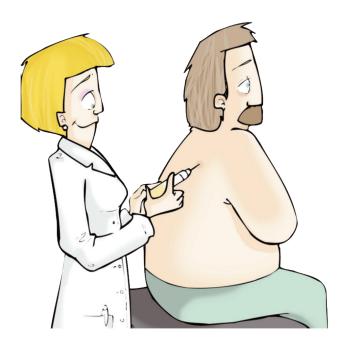


Injections

An injection is administered into the area where a tendon inserts or into a painful joint. The injection contains a corticosteroid (a powerful anti-inflammatory) and, in some cases, a local anesthetic. By applying the medication directly to the site of the pain, the injection acts precisely, avoiding the need for pills or other treatments. This increases effectiveness and reduces side effects.



Infiltrations are a technique with extensive experience of use, as they have been used since 1951, and are very effective in treating conditions such as painful shoulder, tennis elbow, carpal tunnel, trigger finger, trochanteritis, and other diseases of the musculoskeletal system. It is a simple and quick procedure (2-3 minutes), very painless, and requires no prior preparation. It can be performed by your primary care physician at your health center.

Usually, one or two injections are enough to solve the problem, and they can be given again later if needed.

Adverse effects from injections are rare and generally mild. In some cases, there may be a little pain at the injection site a few hours after the injection. In this case, paracetamol can be taken. More rarely, lesions such as hypopigmentation (loss of skin color) or skin atrophy (loss of thickness) may occur, but these recover completely.

A hematoma may also appear on occasion. A more serious but very rare side effect is local infection, which manifests as fever, pain, redness, and swelling in the area of the injection. In this case, you should consult your doctor. In diabetic patients, an increase in blood glucose levels may be observed in the days following the injection.

Advice for patients who have received an injection

Do not exert yourself with the limb where you received the injection for 24 hours after the injection.

Consult your doctor immediately if, after 24-48 hours, you have a fever and the area of the injection is hot and red.

When should an injection not be given?

- If you have poorly controlled diabetes.
- If you have an infection in the joint or in the area to be injected.
- If you are allergic to corticosteroids or local anesthetics.

If you are taking anticoagulants, follow your doctor's instructions for giving the injection.