



Texas Orthopedics,
Sports & Rehabilitation Associates
www.txortho.com

Corticosteroids

Corticosteroids are produced naturally by your body and are necessary for good health. The function of corticosteroids as a supplemental anti-inflammatory medication is well known. Physicians prescribe the medication for a variety of conditions. Commonly, they are prescribed to supplement the body's natural supply. They are also frequently used as part of a treatment for diseases such as allergies, skin problems, asthma, and arthritis. Corticosteroids can also be used for any other conditions your doctor determines appropriate.

The anti-inflammatory properties are useful in providing relief to a variety of inflamed areas on and within the body. When used directly on the skin they may lessen swelling, redness, and itching. For patients with inflammation in the nerves and/or joints within the spine, a direct injection of the medication into the area may provide a significant reduction in the degree or duration of the inflammation.

You may be reserved about steroid medications because of previous ideas. Like all medications, if corticosteroids are abused or used too often they may be harmful. If used correctly they may be very helpful.

If you experience any side effects after your procedure of the corticosteroids you should report all symptoms to your doctor. Many effects usually do not require medical attention but are useful in monitoring typical effects.

You should check with your doctor immediately if you notice dizziness, fainting, fever, chills and/or shortness of breath.

Common side effects may include:

Decreased or blurred vision	Skin changes at site of injection
Frequent urination	Increased pain at injection site
Increased thirst	Change in blood pressure
Change in blood sugar levels of diabetics	

Rare side effects may include:

Nausea	Hallucinations	Swelling
Vomiting	Mental depression	Restlessness
Confusion	Excitement	Sleeping difficulties
False sense of well being	Mood swings	Redness
Allergic skin reaction	Avascular necrosis (decreased blood flow to a joint)	

You should also tell your doctor, nurse and pharmacist if you have any of the following:

- Medication allergies
- Pregnant or are breast-feeding
- Prescription or nonprescription medications
- Other medical problems

Austin: Northwest
439-1000

Austin: Central
439-1002

Cedar Park
439-1009

Round Rock
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