

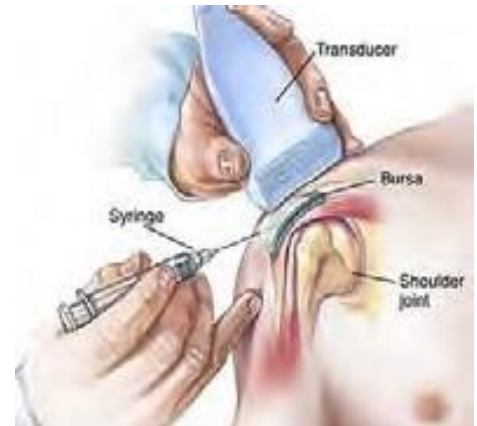
What is a bursal steroid injection?

A bursal steroid injection can be used to treat bursitis which is an inflammation of a bursa.

Bursae decrease rubbing and assist with tendons moving over a bony surface. As the bursae are located just outside the joint, bursitis does not cause joint deformity but can cause significant pain and limit movement.

Steroids are an anti-inflammatory medication that may decrease the inflammatory response which reduces the pain.

Bursitis is most common in the shoulder, hip, elbow and knee.



Injection into shoulder

Procedure

The Radiologist will clean the skin of the area to be injected with antiseptic liquid and then position a fine needle into the bursa using ultrasound guidance.

The steroid and local anaesthetic mixture is injected. The needle is then removed and a small dressing applied.

Risks of bursal steroid injection

- Infection
- Bruising
- Contact your doctor or Urgent Care Centre and tell them of the bursal injection:
 - If the area becomes painful or red within the next few days or weeks
 - If you develop a fever, chills or sweats

Post Procedure

After the procedure, you must not do any activity for 24 hours that will cause stress on the bursa.

If you have any questions or concerns please feel free to contact Medical Imaging reception on (03) 5352 9325 or your doctor.



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EGHS would like to thank our consumers for reviewing this information.

