

## What is a Plantar Fascia Steroid Injection?

This procedure involves an injection of local anaesthetic and steroid into the plantar fascia (the ligament located on the underside of the foot). The aim of the injection is to reduce inflammation and provide pain relief. The injection is guided by ultrasound imaging.

## Preparation for the procedure

It may be best to wear comfortable footwear and clothing for easy access to the foot being injected. Please bring to the practice any prior scans (X-rays, Ultrasounds, CT, or MRI's) and reports as these will assist the Radiologist in assessing your condition.

Please tell the staff or Radiologist if you have any allergies, and if you are on any blood thinning medications. A driver will be required post procedure.

## What are the risks and complications?

The risks of this procedure are rare, however they may include:

- Infection: Infection is a rare but potentially serious complication for any injection. Most infections take at least 1-2 days to show up, so pain at the injection site after 48 hours is considered to be due to an infection until proven otherwise. Antibiotics may be required.



LT PLANTAR FASCIA  
*Ultrasound left plantar fascia injection*

- Allergic reaction: Any of the substances used during the procedure such as cortisone, dressing, local anaesthetic or antiseptic may cause an allergic reaction.

## During the procedure

A nerve block of local anaesthetic will be administered, numbing your foot. The skin will then be cleaned with an antiseptic solution to prevent infection. A small needle will then be placed into the region, using the ultrasound scanner for guidance. When in the right place a mixture of cortisone (steroid) and local anaesthetic will be injected into the plantar fascia. A small simple dressing (Band-Aid) will be applied to the area.

FACT SHEET:

# Plantar Fascia Steroid Injection



## After the procedure

The foot should feel better as a result of the local anaesthetic, but it will feel numb. The anaesthetic will wear off after a few hours. You may experience increased soreness in the foot compared to before the injection. This soreness may last for 2-3 days post procedure. Simple paracetamol can help relieve this. If the area becomes extremely painful, red, swollen, or tender this may indicate an infection - please contact your referring Doctor if this is the case. The steroid will usually start to take affect between 3-5 days post injection.

## Follow up

The Radiologist administering the injection will send your referring doctor a report.

Please ensure that you make a follow up appointment with your referring doctor or health care provider to discuss your results. We recommend you do this approximately 3 weeks following the procedure.

