



Cliff Gronseth, M.D.
John Tobey, M.D.
Mindy Gehrs, M.D.

Phone: (303) 494-7773
Fax: (303) 494-1104

Boulder Office
5387 Manhattan Circle #200
Boulder, CO 80303

Steamboat Office
940 Central Park Drive
Steamboat Springs, CO 80487

MEDICATIONS INJECTED INSTRUCTION SHEET

Information for Patients and their Families

The following are the medications which may be used during injections:

• **Steroids (Cortisone)**

- There are many types of steroid medications that can be used which can have a similar effect. The steroid that is used in this office is a synthetic (man-made) form of the steroid that your body normally produces in small amounts.
- Following an injury or after repeated use: nerves, tendons or joints may become inflamed or irritated. Steroids help your body in reducing this inflammation.
- We have all heard about the problems with steroids, such as those used to improve athletic performance and increase muscle size, as well as problems with long term steroid use for other medical conditions. The steroids we use are much smaller amounts and since it is injected into a specific space, you do not get the “whole body” effect. However, we are limited in the total amount and the frequency of injections due to the overall steroid dose.

• **Local anesthetic**

- A local anesthetic (numbing medication) is also used at the time of the injections to provide temporary relief from the pain and discomfort caused by the injection itself.

• **Contrast (Radiologic Dye)**

- A very small amount of contrast may be used to outline the area to be injected prior to the medications being put in.

Please call us with any questions or concerns at 303-494-7773