



The injection consists of two types of medication. Cortisone, which is an anti-inflammatory, will take about 48-72 hours to take effect. The numbing medication, will last 2-8 hours post injection. Once the numbing medication wears off, you may feel increased pain. There is a possibility of a delayed increase in discomfort within 48 hours following the injection. This is called a “flare.” You may use ice, following the directions below.

### **AFTER THE PROCEDURE**

- If you have increased discomfort at the injection site, you may ice the area for 15 minutes. Do not ice again for 60 minutes. Apply ice 3-4 times a day. Use a small towel as a barrier between the ice and your skin.
- Do not submerge in water of a bathtub, hot tub, whirlpool or swimming pool for 48 hours. You may shower.
- If your bandages fall off prior to your first shower, you do not need to reapply them. Otherwise, remove them when you shower.
- Refrain from any high-level activities for approximately 24-48 hours. During this time, your muscles and tendons are at increased risk of injury.
  - Shoulder/wrist injection: Continue normal activity. No lifting objects heavier than a gallon of water for 3 days after injection.
  - Hip/knee injection: Continue normal activity. No ladders, high steps, roofs or any other location that can cause a fall for 3 days after injection.
- You may experience some skin discoloration locally at the site of the injection.
- If you are diabetic, the injection may elevate your blood sugar for 2-5 days. Monitor your blood sugar closely and contact your primary care physician if your blood sugar levels remain high.

### **CONTACT OUR OFFICE AT (717) 791-2630 IF:**

- You notice changes of the skin, such as redness, swelling, itching, increased heat, rash, or you develop a fever. These may indicate an infection.

### **SEEK IMMEDIATE MEDICAL CARE AT NEAREST EMERGENCY ROOM IF:**

- You develop shortness of breath or chest pain.