

PATIENT PROTOCOL FOR JOINT INJECTIONS

You have had an injection in a joint today. The following information will assist you with questions that you may have and to serve as a helpful reminder.

1. Ice the injection site 20 minutes at a time, 3 or 4 times during the next 24 hours. (A ZIP LOCK BAG WITH ICE CUBES WORKS WELL) After 24 hours resume heat.
2. The area may or may not be painful the evening of the injection. Take aspirin, Advil or Tylenol, whatever is your preference for discomfort for 48 to 72 hours following the injection.
3. It will take from 3 days to 2 weeks for the full effect of the medicine to take place.
4. You may experience a flushing of the face and chest--nothing to be concerned with.
5. You may have a good day - then a bad day for a while - please do not be discouraged.
6. Generally, injectable steroids stay in the location it is injected, and do not have the same risk factor of oral cortisone (steroids).
7. Some joints continue to "pop" after an injection. This is not unusual and may not be of concern unless the pain increases.
8. Injectable steroids occasionally cause changes in the skin color and loss of fat beneath the skin at the injection site; especially around the elbow.

Please do not hesitate to telephone our office if you experience any type of reaction that seems unusual. For example: hives, rash, headaches, dizziness, etc.