

## **SEA VIEW ORTHOPAEDIC MEDICAL GROUP**

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### **INSTRUCTIONS AFTER INJECTION**

If you had an injection of steroid solution (an anti-inflammatory, ie cortisone) and the numbing medication, lidocaine, into your shoulder, knee, wrist, elbow, hip, ankle, hand, or back, you might expect the following:

#### **YOU MAY OR MAY NOT GET GOOD RELIEF OF YOUR PAIN IMMEDIATELY AFTER THE INJECTION.**

Typically the lidocaine will wear off in several hours. The effect of the steroid solution may take a few days to begin working and may continue for days, weeks, or even months.

#### **YOU MAY EXPERIENCE INCREASED PAIN AFTER YOUR INJECTION.**

This should subside over a short period of time. However, chances are you will get long lasting relief of your pain, particularly if you had a good initial response.

#### **AFTER THE INJECTION**

It is advisable to place an ice pack on the affected area for 15 minutes at a time. You can do this frequently – usually 4 or 5 times a day.

**IF YOU DEVELOP INCREASED PAIN ASSOCIATED WITH REDNESS, SWELLING, WARMTH OVER THE INJECTION SITE OR FEVERS, CALL OUR OFFICE IMMEDIATELY. THIS MAY BE SYMPTOMS OF AN INFECTION, WHICH OCCURS VERY RARELY.**

If you are taking an anti-inflammatory medication such as Ibuprofen (better know as Motrin or Advil), Naprosyn (Aleve), Feldene, Diclofenac (Voltaren), or other anti-inflammatory drugs, remember to take these medications with meals. This may decrease the incidence of gastrointestinal upset and/or stomach ulcer formation, which can occur with all classes of non-steroidal anti-inflammatory drugs (NSAIDs). If you develop gastrointestinal/stomach symptoms, discontinue the medication and consult your internist or family physician.