

POST-INJECTION INSTRUCTIONS

- After a joint injection, sometimes your pain is a little worse. Do not plan any rigorous activities for the 2-3 days after your injection, just in case
- When you shower or bathe, try not to expose the injected body part to very hot water. It can make the joint swell more
- Ice and compression, such as an ace wrap, can help with some of the discomfort
- If you experience redness, warmth, fever or drainage from the injected joint. Or if the pain is very severe such that you cannot put weight or bend the joint, please notify your physician ASAP. Rarely, after an injection, the joint can become infected with bacteria and it is an emergency