

## Injection Information

### What to expect following an injection:

- Slight redness at injection site for 24 hours
- Increased pain for several days
- Facial/chest flushing
- Feeling “warm”
- May increase blood sugar levels in diabetic patients - contact primary care physician for further management if that occurs
- Steroids take time to work - allow 14 days to determine efficacy
- Gel/visco injections can take 4-6 weeks for maximum results

### Things to watch for/when to call Iowa Ortho:

- Redness at injection site persisting over 48 hours
- Drainage or bleeding at injection site that saturates a band-aid
- Fever of 100.4°F or higher
- Increased swelling, warmth, or redness of the affected joint lasting more than 48 hours
- Complete numbness in the injected area or extremity
- No pain relief after at least 14 days from the injection
- Hives/severe itching
- Inability to ambulate - this is not being able to bear any weight, not just increased pain when walking

### When to seek immediate medical attention (911/ER):

- Swelling of the lips, tongue, throat
- Shortness of Breath
- Chest pain

### How to help with pain:

- Utilize over-the-counter products as tolerated - this may include acetaminophen (Tylenol) or ibuprofen
- Ice packs are recommended - Use for 20 minutes on, and at least 30 minutes off
- No heat packs for 7 full days after the injection, then can use as needed
- Continue to be active unless otherwise directed- may need to take it easy for 2 days following injection