



Post Injection Care

You have just had an injection with anesthetic solution, steroid or a combination of the two for the purposes of pain relief and localization. While the pain will initially be relieved by the local anesthetic, the possibility of injection flare exists. The cortisone injection takes approximately 48 hours to begin acting and, between the time of the injection and the point that the cortisone begins to work, you may experience some slight worsening of pain.

Apply an ice bag to the affected area up to 3 times a day for 30 minutes per session.

The following measures can be used to limit the severity of any possible injection flare:

Apply an ice bag to the affected area up to 3 times a day for 30 minutes per session. If your medical condition allows you to take these medications, consider the use of an over-the-counter anti-inflammatory such as Advil or Aleve. If your physician had prescribed a prescription anti-inflammatory medication, then continue taking this medication as directed.

The above measures should limit any injection flares that occur. However, should these measures fail to adequately control your pain, please contact our office at 479-750-6269.

For lower extremity (legs and feet) injuries and fractures: Elevate the foot of the injured extremity on pillows so that it is above your heart level.

Apply ice to the area of your cast where you had the fracture/injury. Do this by filling a plastic zipper-lock bag with ice and then placing the bag inside of another zipper-lock bag. This prevents any condensation from the ice in the first bag reaching your cast and getting it wet. You may apply the double-bag icepack for 20 minutes every hour for the first 48 hours after your cast is applied.

If you have any problems or questions, please feel free to call our office at (479) 582-4647 between the hours of 8:30 a.m. and 4:30 p.m., Monday – Friday. If you have an emergency outside of our normal office hours, go to the nearest emergency room or call (479) 571-7810.