



www.GreatBones.com

The Center for Orthopedic Surgery

POST INJECTION INFORMATION

You have just received an injection of a local anesthetic and cortisone (steroid) or Synvisc. The following points are intended to answer the most common questions arising from this type of procedure.

1. You may place ice on the injection site 10 to 20 minutes total, 3 to 4 times during the next 24 hours. (A zip lock bag with ice cubes works well or a small dixie cup filled with water and frozen in the freezer.) This will help to control the pain and swelling at the injection site.
2. The injection area may or may not be painful the evening of the injection as the local anesthetic wears off. Some patients have increased discomfort for 48 to 72 hours following the injection. This is not unusual. You may take Tylenol, Advil, or aspirin for discomfort.
3. It will take from 3 days to 2 weeks for the full effect of the medicine.
4. You may experience a flushing of the face and chest. This is not cause for concern.
5. If you have diabetes, the injection may result in a small increase in your blood sugar level despite no change in your insulin or diet. This may persist for up to 2 days.
6. You may have a good day and then a bad day for awhile, don't get discouraged.
7. Generally, injectable steroids stay in the location of the injection and do not have the same risks as oral steroids.
8. Some joints continue to "pop" after the injection.
9. Injectable steroids occasionally cause changes in the skin color and loss of fat beneath the skin at the injection site.
10. Call our office if redness, swelling, or pain persist beyond 3-4 days, or you suddenly develop a fever consistently greater than 100.5

Please call our office for any questions or concerns you may have — Dr. Carr (806) 797-4985