

POST PROCEDURE CARE: ASPIRATION & INJECTION

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Recurring Pain:

Injections are usually done using a local anesthetic such as lidocaine and a steroid. The anesthetic effect of the lidocaine usually lasts for about 2 hour and then wears off. At this time, your pain will return. The steroid portion of the injection will kick in over the next 2-4 days.

Rest the Area:

Be careful with the affected area/joint. Usually, the local anesthetic causes the area to feel numb. Because you may not feel pain, it is easy to cause further injury to the area. Avoid unusual movements and repetitive motion for 2 weeks.

Watch for Infection:

Although every precaution has been taken to prevent infection, be alert for the following signs: fever above 100°F, increased warmth in the area, redness at the injection site, redness moving up the arm or leg, and swelling of the area. If any of these symptoms develop, please contact the office immediately at (801) 610-7321.

Follow the Directions of Any Checked Boxes:

- ☐ Apply ice to the area every 4 hours for 20 minutes at a time for ____ day(s)
- ☐ Apply a heating pad to the area for every 4 hours for 20 minutes at a time for ____ day(s)
- ☐ Apply an elastic compression wrap to the area for _____ day(s)
- ☐ Perform stretching exercises as instructed
- ☐ Physical Therapy referral
- ☐ Take the following medicines in addition to your usual medications:
