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Orthopedic Sports Medicine

Post-Injection Instructions

- General Instructions:
 - o Avoid activities that put excessive strain on the affected body part for the first 1-2 days following the injection
 - o Apply ice to body part for 20-30 minutes twice a day on the day of and day following the injection (except for PRP injections)
 - o We recommend you take NSAIDs (Ibuprofen or Naproxen) and Acetaminophen (Tylenol) the day of the injection and the following 2-3 days if needed for mild pain or mild swelling at the injection site (except PRP – see below)
 - o There is a slight risk of a flare-up reaction with injection into a joint that is already inflamed or irritated
 - Symptoms include increased pain, swelling, soreness, difficulty with weight bearing
Apply ice and take Ibuprofen, Naproxen or Acetaminophen to relieve symptoms
 - Symptoms may last up until 1 week after injection
- Corticosteroid/Cortisone Injections:
 - o Numbing medication may last 8-12 hours; be sure to ice and take NSAIDs the day of injection
 - o Steroid may start providing pain relief as early as around 24–48 hours following the injection
 - o Effects of injection may vary and can last from a couple of weeks to 2-3 months, sometimes longer
 - o You may have a repeat steroid injection no earlier than 3 months, if appropriate
 - o If you have diabetes, a steroid injection can temporarily raise your blood sugar for several days. Monitor more closely, follow your usual diabetes plan, and contact the appropriate member of your care team if readings are unusually high.
- Visco-Supplementation Injections (i.e. Hyaluronic Acid, “Gel” Injections):
 - o Be sure to ice and take NSAIDs and/or Acetaminophen on day of injection if able
 - o Relief from pain and other symptoms may take up to 4 - 6 weeks following the injection
 - o Effects of injection vary and can last 4-6 months or longer
 - o Coverage varies by plan and may change. Check your specific benefits with your insurer and Dr. Blackwell's office.
 - Some insurers do not approve visco injections – check with Dr. Blackwell's office
- Platelet-Rich-Plasma (PRP) Injections:
 - o Avoid using ice the day of the injection and do not take NSAIDs (ibuprofen, naproxen, Aleve) for 1 week following injection
 - You can take Acetaminophen and/or Celebrex for pain relief
 - o Relief from pain and other symptoms may take up to 4 - 6 weeks following the injection and can take 3 months before maximal improvement

- o Can repeat injections as needed if proven beneficial after initial injection

Please contact the office immediately at (614) 827-8352 or go to the nearest emergency department if you are experiencing fevers, chills, night sweats, severe increase in pain, worsening redness around injection site, or pus/drainage from injection site