

Boulder Office

5387 Manhattan Circle #200
Boulder, CO 80303

Trust • Care • Excellence

Steamboat Office

940 Central Park Drive Suite 280
Steamboat Springs, CO 80487

POST INJECTION INSTRUCTION SHEET

Information for Patients and their Families

After the injection, you may feel:

- Some numbness, weakness or tenderness in the arm/leg. This is normal and due to the anesthetic. It should improve within a few hours.
- Local tenderness at the injection site. This is normal. Apply ice to the area for 20 minutes 3-4 times per day and rest. Tylenol (Acetaminophen), ibuprofen (Advil) or naprosyn (Aleve) can be used to relieve any minor discomfort.
- Local swelling or redness at the site of the injection (normal). If there are raised red, significantly tender areas, call us.
- If steroid (cortisone) was used, it may take several days for this to take effect. Occasionally, the steroid can cause the pain to increase for 1-2 days before it improves your symptoms.
- Occasionally the cortisone can cause a temporary adverse reaction. This typically includes flushing or redness of the face and/or sleeplessness. Benadryl can be taken. Symptoms can last a couple of days.
- Restrictions include not submerging the procedure site in standing water such as a hot tub, bathtub or swimming pool for 24 hours, as these can slightly increase the risk of infection.
- If you are diabetic, the injection may cause your blood sugars to elevate. Please check your blood sugar frequently for the next 2-3 days after the injection. Make adjustments as necessary. You may have to notify the doctor who treats your diabetes if you have elevated blood sugars so that you can be treated appropriately.
- Contact our office if any of the following occurs:
 - Fevers, chills
 - Severe increase of pain
 - Allergic reaction
 - If you think “something does not feel right”

FOLLOW UP: In office Via patient portal to relay efficacy Via phone to relay efficacy