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POST INJECTION HOME CARE

1. Today you received an injection containing lidocaine (local anesthetic “numbing” medicine) with a form of cortisone (steroid).
 - a. If you’re a **diabetic patient**, please monitor your blood sugar / glucose level more closely over the next few days. The steroid that is included within your injection can cause a temporary increase.

2. The local anesthetic can wear off within a few hours causing you to experience a worsening of pain known as an **“injection flare”**.
 - a. You may take over the counter anti-inflammatory medications such as Tylenol, ibuprofen, Aleve, Advil, or Motrin unless otherwise directed by provider.

- b. If you are currently being prescribed anti-inflammatories, then continue taking medication as prescribed.
- c. Use an ice bag on the affected area 3 times a day, 30 minutes at a time, for the next few days.

3. The injection can take from **3 – 14 days for full effect**

- a. If you feel no relief beyond this time frame, please contact the office.

It is important for you to remember if this injection briefly helped right away, even if it wears off the same day. If you have any questions regarding your injection, please call the office.