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Spine Surgery • Orthopedic Surgery • Joint Replacement Surgery • Orthopedic Trauma

About Your Injection:

1. Contents of the Injection:

- Local Anesthetic: Provides immediate pain relief lasting 2-8 hours.
- Steroid: Reduces inflammation; takes up to 14 days to show full benefits.

2. Post-Injection Effects:

- Expect a slight increase in pain, normal after the injection.
- Discomfort should resolve within two days.
- Rest, elevate, and consider compressive bandage for arm/leg injections.
- Apply ice or heat for 15 minutes every hour.
- Over-the-counter pain relievers are effective.

3. Post-Injection Flare:

- Rare (less than 1 in 10 people).
- Resolves within three days with rest, elevation, compression, icing, and OTC pain relievers.
- Contact the office if severe pain, swelling, warmth, or redness persists after three days.

4. Diabetes Monitoring:

- Monitor blood sugar closely.
- Steroid injections can cause temporary spikes (contact primary care doctor for levels 200+).
- Notify our office if you need assistance.

5. Repeated Injections:

- This may lead to the thinning of skin and soft tissue.
- Possible whitening/lightening of the skin around the injection site.

Remember, if you don't see improvement after 14 days, schedule an appointment to discuss further treatment options. If you have any concerns or severe symptoms, contact our office promptly.