

Post Injection Care at Starkville Orthopedic Clinic

The information below is for our patients who have received an injection at our clinic locations. Please feel free to call if you have any concerns after receiving your injection.

Medications used in your injection today include:

- Marcaine (a long acting anesthetic)
- Lidocaine (a short acting anesthetic)
- Steroid (synthetic cortisone, i.e. Depo-Medrol)

Normal findings after the injection include:

- Soreness, slight throbbing or swelling for up to two days at the injection site
- May take 2 to 3 days for pain to be relieved
- Increased joint pain or discomfort for the first 24 to 48 hours before steroid takes effect

Recommendations after injection:

- Rest the injected extremity for next 2 days
- Apply ice to injection area for 10 to 15 minutes every hour or two for the first day
- Take Tylenol (acetaminophen) or Advil (ibuprofen) as directed by manufacturer if not contraindicated

Please contact our office if the following occurs:

- Severe itching or rash. If accompanied by shortness of breath, please go to your nearest emergency room
- Extreme redness, swelling, or warmth at the injection site
- These symptoms could be signs of an early infection which is rare

The amount and duration of pain relief from an injection varies widely between patients. Some report pain relief for months while other patients report only a few weeks of relief.

*******Diabetic Warning: If you are diabetic and using insulin, this injection may elevate your blood sugar for the next one to five days. Please monitor you sugars closely and if they fail to return to your acceptable levels, please see your primary care physician*******

Thank you for choosing Starkville Orthopedic Clinic for your care. If you have any questions after receiving an injection or if your pain does not subside please call and let us know. Our goal is to lessen your pain and improve your function.