



# PRAIRIE

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## After Your Cortisone Injection



### What do I do now?

- Keep the bandage on for the rest of the day.
- Avoid having a bath, using a hot tub, or going swimming for 2 days. Showering is OK.
- Soreness, stiffness, mild bruising, and muscle cramping may occur at or around the injection site.
- Apply ice to the injection site as needed to relieve pain.
- Tylenol/acetaminophen or anti-inflammatories (Advil/ibuprofen, Aleve/naproxen, etc.) can be taken regularly, as per instruction on the bottle, if pain is persisting.



### What can I expect?

- Your pain will likely improve for the next few hours, due to the freezing that's mixed into the injection. The pain will likely return to where it was before the injection until the cortisone kicks in; this typically takes a few days after the injection but can take up to a week or so.
- As a result, take it easy for the first day or two. For instance, if you received an injection in your shoulder, avoid heavy lifting. If you received an injection in your knee, stay off your feet when you can.



### What do I monitor for?

- Cortisone injections can sometimes cause a temporary flare in pain and inflammation. This lasts for up to 48 hours after the injection and then should gradually improve. Again, try ice and Tylenol/acetaminophen to help with the pain.
- There is a small chance of getting a joint infection (around 1 in 10,000) due to a cortisone injection. This is an emergency and often requires surgery to clean out the joint. Symptoms may include:
  - Increasing pain, swelling, warmth, or redness that lasts more than 48 hours
  - Red streaks coming from the injection site
  - Pus draining from the injection site
  - Fever >37.8°C
- If you develop any of these symptoms, you are to call our office immediately or present to the nearest Hospital/Emergency Department for urgent assessment.