



Arthur L. Tracht, MD
Paul F. Richin, MD
Robert S. Bachner, MD
Lawrence A. Bircoll, MD
Damien A. Doute', MD

INSTRUCTIONS FOR PATIENTS GETTING STEROID INJECTIONS

Although your pain may be relieved from the numbing medicine component of your shot, this initial effect is only temporary. The following will help you to feel more comfortable for a longer period of time:

- 1) Apply ice to the area which was injected for 20-30 minutes at a time, 4-6 times a day for the next 1-2 days.
- 2) Rest the involved area over the next 2 days, with use of anti-inflammatories (Advil or Alleve) if you are allowed to take these. Patients with shoulder injections should try to move their shoulders as much as tolerated, especially after a day or so.
- 3) Occasionally, some people may feel increased pain at the injection site. This is only temporary, but Tylenol (2 pills every 4-6 hours) or the anti-inflammatories may help. It may take 7 to 10 days for the cortisone effect to be established.

rev 7/11/2004

505 Irvin Court, Suite 200 Decatur, GA 30030
Tel: 404-294-4111 Fax: 404-292-3505 Web: www.ndortho.com