



## WHAT TO EXPECT AFTER AN INJECTION

- **General Instructions:**

- Avoid activities that put excessive strain on the affected body part for the week following the injection
- Apply ice to body part for 20-30 minutes twice a day on the day of and day following the injection (exception: for PRP and BMAC injections, apply HEAT)
- We recommend you take Ibuprofen (Advil), Naproxen (Aleve) or Acetaminophen (Tylenol) the day of the injection and the following 2-3 days if needed for mild pain or mild swelling at the injection site
- There is a slight risk for a flare-up reaction with introduction of a needle into a joint that is already inflamed or irritated;
  - Symptoms include: increased pain, swelling, soreness, difficulty with weight bearing
  - Apply ice and take Ibuprofen, Naproxen or Acetaminophen to relieve symptoms
  - Symptoms may last up until 1 week after injection

- **Cortisone/Steroid Injections:**

- Numbing medication will last 4-8 hours; be sure to ice and take NSAIDs on day of injection
- Cortisone/Steroid will provide pain relief at around 24-28 hours following the injection
- Effects of injection may vary and can last from a couple of weeks to 2-3 months, sometimes longer;
- You may have a repeat cortisone/steroid injection every 3 months as needed

- **Visco-Supplementation Injections (i.e. HA, Synvisc One, Gel-One, Visco 3, Orthovisc, Euflexxa):**

- Numbing medication will last 4-8 hours; be sure to ice and take NSAIDs on day of injection
- Relief from pain and other symptoms may take up to 4 - 6 weeks following the injection
- Effects of injection vary and can last from 6 to 12 months
- Medicare covers (1) injection per knee every 6 months; both knees cannot be injected on the same day

- **Bone Marrow Aspirate Concentrate / Platelet-Rich-Plasma Injections:**

- Numbing medication will last 4-8 hours; be sure to apply HEAT and take NSAIDs on day of injection
- Relief from pain and other symptoms may take up to 4 - 6 weeks following the injection
  - Patients report approx. 50% relief at 6 weeks; 90-100% relief at 3 months following injection
  - Repeat injections every 3-6 months as needed if proven beneficial after initial injection

**\*\*\*Please contact the office immediately at (310) 860-3048 if you are experiencing fevers, chills, night sweats, severe increase in pain, worsening redness around injection site, or pus/drainage from injection site\*\*\***