

RUSSELL M. LAFRANCE MD

Orthopedic Surgeon & Sports Medicine

Post-Injection Instructions

General Information: You had an injection of a combination of two types of medication, a local anesthetic (similar to novacain) and a steroid (similar to cortisone). The local anesthetic should work within then next hour and you should notice some relief of your symptoms. This will wear off within 24 hours. The steroid will not start working for about 2-3 days. This will then have a long lasting effect. I would like you to monitor your response, both within the first few days and then over the next few weeks. We will talk about both of these when you return to the office for follow-up.

What to expect tonight: Because we added a volume of fluid to your joint, you may experience some temporary discomfort this evening after the local anesthetic wears off. I would like you to use an **anti-inflammatory medication** (such as Ibuprofen or Aleve) starting this evening and take on a scheduled basis over the next few days. Use **ice** three times a day for two days applied to your injection site. Do not put a bag of ice on your skin for longer than 20 minutes at a time.

If you have an increase in your pain, redness at your injection site, or fevers, please call the office to notify the doctor of your symptoms. Keep a bandaid over the injection site for 1-2 days and then you can remove it. It is ok to get the injection site wet while showering/bathing.

If you are diabetic, the steroid in the injection may cause your glucose to be out of control over the next few days. Please monitor your glucose level frequently for the next 2 days until it normalizes.

If you do not already have a follow-up appointment, please call the office to schedule an appointment to be seen in 4 weeks to discuss your response to the injection and discuss further treatment options.