



The doctor has done an injection in your _____ to decrease pain and inflammation.

You will feel sore at the injection site for the next 2 to 4 days. For the first 24 hours, if needed, you may apply ice to the site for 20 minutes on, and 20 minutes off to decrease pain and discomfort. After 24 hours, you may use heat if needed.

Your pain may subside right away, or it may take a number of days. This is called pain flare. If this happens:

- Limit your activities for the first 24 hours to those that you can do without pain.
- Keep taking your pain medication as prescribed.

You may resume taking your routine medicines after the procedure. This includes your pain medicine.

You may have some weakness for the next 3 to 5 hours, so be careful. No baths or soaking of the site for the next 24 hours. Taking a shower is okay.

You will be given a pain log to complete for the next 10 days. Complete this form. Make a copy for your own records. Then, mail it back to us at the address listed below. We will need this information to decide the next step in your treatment plan.

If you have any questions or need to make a follow up appointment to discuss your results, please contact us within 2 to 4 weeks after the injection.

Signs of infection:

- Fever greater than 100.4° F by mouth for 2 readings taken 4 hours apart.
- Increased redness, swelling around the site.
- Any drainage from the site.

If you have any new symptoms or signs of infection please call Dr. Kassar at 219-836-2096 or visit your nearest emergency facility.