

## POST INJECTION INSTRUCTIONS

### EFFECTIVENESS

- Injections typically begin to take effect within 3-5 days. Some injections may not take effect for at least one week.
- Not all injections are effective, as every patient and every diagnosis is different and may not react to the medication the same way.
- Our hope is that this injection provides you significant pain relief, but unfortunately that cannot be guaranteed. Our recommendations to proceed with an injection are evidence based.

### ICE THERAPY

- Ice is very helpful for post injection soreness and anti-inflammation.
- Ice for 20 minutes at a time. Try to do this three to four times per day for the next few days.

### EXERCISE

- We recommend avoidance of strenuous activity after the injection for at least one week. We would like to give the injection the best chance to take effect, and that can be counteracted by over activity.
- It is okay to drive, walk, and do normal daily activities.
- It is a good idea to get up, walk around, and to gently move the injected extremity soon after the injection.

### EMERGENCIES

- Although very rare, some side effects can occur. If you notice redness, swelling, warmth, and/or increased pain, please contact us.
- During business hours, contact Sabrina in Dr. Roth's office at **510-267-4013**.
- For concerns that cannot be addressed during business hours, call the Webster Call Center at **800-943-8099**.

### FOLLOW-UP

- If you do not already have a follow-up appointment scheduled, please contact **Sabrina** at **(510) 267-4013** to arrange an appointment. Follow-up appointments are generally 4-6 weeks after injection.