

## Joint Injections

### After the procedure

You may stay in the area and rest quietly until you feel well enough to leave. For some people, this is a few minutes; for others, it can be longer.

The injected area may be numb for 24 hours, and the site may be sore for one to two days. You may develop a bruise at the injection site.

### Care following your procedure

- Rest the day of your procedure and avoid strenuous activity.
- Resume your usual diet.
- Do not drive for 24 hours after the procedure, if you have had sedation.
- Continue to follow your medical plan as directed by your primary health-care provider, including pain medicine, physical therapy or exercise, and any restrictions on your activity.
- You may have mild discomfort at the injection site. To relieve this discomfort, you may apply ice to the area for 15 to 20 minutes and repeat every two to four hours as needed. You may take a nonaspirin pain reliever such as acetaminophen (Tylenol™) or ibuprofen (Motrin™) in the recommended dose.
- You may shower, but do not use a bathtub, hot tub or whirlpool for two days.
- Do not use heating pads or any other form of heat on the injection site for two days.

### Side effects

- *If you have diabetes, corticosteroids may cause a temporary increase in your blood sugar.* Monitor your blood sugar more frequently and make appropriate adjustments to your medication if you know how to do this. If you do not know how to adjust your medication, contact your primary health-care provider.
- Increased blood pressure, muscle cramping, flushing, warm skin, insomnia, headache, edema, menstrual irregularities and various skin eruptions. Side effects usually subside in 7 to 10 days.

Seek emergency medical care if you experience any of the following:

- Bleeding that does not stop after you apply ice for 10 minutes.
- Infection. Signs of infection include:
  - A temperature of 100.4 degrees Fahrenheit or 38 degrees Celsius or higher.
  - Injection site becomes red, swollen, tender or warm.
  - Fluid drains from the injection site.
  - Injection site has an odor.