

Home Care After an Injection Procedure Without a Steroid

You had an injection in your _____ to decrease pain and swelling. This may help find the source of your pain.

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

Your pain may go away right away, or it may take a few days. After the medicine wears off you may feel like you have more pain. This is called a pain flare. If this happens:

- Limit your activities for the first 24 hours.
- Keep taking your pain medicine as prescribed.

You may take your normal medicines after the injection. Take your pain medicines as directed.

You may have some weakness for the next 3-5 hours, so be careful. **No** baths or soaking of the site for the next 24 hours. You may shower.

Signs of Infection

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

When to Call

The day of the procedure, if you have any problems or concerns, call Madison Surgery Center.

For new symptoms or signs of infection call your doctor listed on the After-Visit Summary.

To discuss the next steps in your plan of care, contact the provider that **ordered** your procedure. Your doctor should have the report in 7-10 days.

Who to Call

Madison Surgery Center (6 am-5 pm)
608-287-2200

After hours **if it** is an emergency please visit your closest emergency room.

If it is **not** an emergency, please contact the ordering provider's clinic or the provider's clinic that performed the procedure. Tell the receptionist you had a procedure that day and need to see your doctor.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 6/2021. University of Wisconsin Hospital and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#6969