

Home Care After an Anesthetic Injection in Musculoskeletal Interventional Radiology

This handout describes what to expect after an anesthetic injection.

Pain Control

You may have some weakness for the first 3-5 hours due to the anesthetic used. Then, you may feel sore at the injection site for the next 2-4 days. For the first 24 hours, you may apply ice (wrapped in a cloth) to the site for 20 minutes on and then 20 minutes off to decrease pain. After 24 hours, you may use heat, if needed.

Pain Flare

After the local anesthetic wears off, you may feel like you have more pain. This is called a pain flare. If this happens, limit your activities for the next 24 hours. Keep taking the pain medicine prescribed by your doctor.

Pain Log

You will be given a pain log to complete for the next 24 hours. Complete the form and make a copy for your own records. Then, mail it back to us in the envelope you were given. The pain log will help us decide on the next step in your treatment plan.

Medicines

You may resume taking your routine medicines.

Bathing

Do not take a bath or soak the site for 24 hours. You can take a shower the next day.

Follow-Up

If you have any questions or need to make a follow-up visit to discuss your results, please contact your doctor.

When to Call

Call the MSK Radiology Team if you have:

- Any signs of infection.
- Fever more than 100.4°F by mouth for 2 readings taken 4 hours apart.
- Increased redness, swelling or drainage around the site.