

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.

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

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 Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#8203

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 at the numbers listed on the other side of this form 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.